RESOURCES

Books


Articles


Online

Grit – Angela Duckworth: https://angeladuckworth.com; TED talk: https://www.youtube.com/watch?v=H14bBuluwB8

The Grit Project—American Bar Association: https://www.americanbar.org/groups/women/initiatives_awards/grit.html

Developing a Growth Mindset – Carol Dweck: https://www.youtube.com/watch?v=hiiEeMN7vbQ

Kristin Neff – Self-Compassion: http://self-compassion.org/; TED and other talks

The University of Washington Resilience Lab: http://webster.uaa.washington.edu/resilience