

## Videos/Clips/Podcasts

### Less than 5 minutes



Trent Shelton - A former American football wide receiver who is currently the founder and president of a Christian-based non-profit organization, RehabTime.

<https://www.youtube.com/user/tshellybaby/videos>

### Between 5-15 minutes



Addiction (5:41)

<https://youtu.be/C8AHODc6phg>



The Pathology of Addiction (7:39)

<https://youtu.be/K3gfzfqEre0>



Why Our Screens Make us Less Happy | Adam Alter (9:30)

[https://www.ted.com/talks/adam\\_alter\\_why\\_our\\_screens\\_make\\_us\\_less\\_happy](https://www.ted.com/talks/adam_alter_why_our_screens_make_us_less_happy)



What Addiction is Really Like (9:37)

<https://youtu.be/muHxdex1KI4>



This Is What Happens When You Reply to Spam Email | James Veitch (9:49)

[https://www.ted.com/talks/james\\_veitch\\_this\\_is\\_what\\_happens\\_when\\_you\\_reply\\_to\\_spam\\_email](https://www.ted.com/talks/james_veitch_this_is_what_happens_when_you_reply_to_spam_email)



Honest Liars -- the Psychology of Self-deception | Cortney Warren (13:47)

<https://youtu.be/YpEeSa6zBTE>



Everything You Think You Know about Addiction is Wrong | Johann Hari (14:42)

<https://www.youtube.com/watch?v=PY9DclMGxMs>



## Videos/Clips/Podcasts

Between 15-25 minutes



How Childhood Trauma Affects Health Across a Lifetime | Nadine Burke Harris (16:02)

<https://www.youtube.com/watch?v=95ovIJ3dsNk>



Lessons from the Mental Hospital | Glennon Doyle Melton (17:11)

<https://www.youtube.com/watch?v=NHHPNMIK-fY>



The Space Between Self-Esteem and Self Compassion | Kristin Neff (19:00)

<https://www.youtube.com/watch?v=IvtZBUSplr4>



Listening to Shame | Brené Brown (20:38)

<https://www.youtube.com/watch?v=psN1DORYYV0>



The Power of Vulnerability | Brené Brown (20:49)

<https://www.youtube.com/watch?v=iCvmsMzIF7o>



Why Your Critics Aren't The Ones Who Count | Brené Brown (22:40)

<https://www.youtube.com/watch?v=8-JXOnFOXQk>





## Videos/Clips/Podcasts

Between 30-40 minutes



The Healing Springs Show

<https://www.facebook.com/pg/healingspringsranch/videos/>

Episode 1: Behind the Scenes with Tony Hoffman

Episode 2: John Edmonson Interviewing Podcast Sensation M2 The Rock

Episode 3: Paula Garland, Senior Lecturer at The University of North Texas

Episode 4: Tegan Broadwater "Life in the Fish Bowl"

Episode 5: Author, Counselor and Musician, Jim Savage

Episode 6: Melissa Caldwell Engle and John Edmonson on the Brain Glen Show

Episode 7: Kellie Schriver, Internationally Recognized Equine Therapist

Episode 8: Casey Ellsworth, Firefighter/Paramedic, & Wife Crystal Ellsworth

Episode 9: Brian Cuban Author and Recovery Advocate

Episode 10: Healings Springs's Executive Chef, Corey Warnsley

## Less than 1.5 hours



Pleasure Unwoven:  
An Explanation of the Brain Disease of Addiction



Finding Joe | Joseph Campbell

<https://www.gaia.com/video/finding-joe>

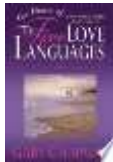


Brené Brown: The Call to Courage (1hr 16min)

<https://www.netflix.com/title/81010166>

# Books

## 2 hours or less



The Heart of the 5 Love Languages  
(Abridged Gift-Sized Version)  
By Gary Chapman



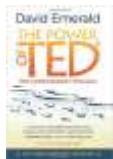
Strengths Finder  
by Tom Rath



The Four Agreements:  
A Practical Guide to Personal Freedom  
(A Toltec Wisdom Book)  
by Don Miguel Ruiz



DiSC Overview



POWER OF TED\* (\*THE EMPOWERMENT  
DYNAMIC)  
by David Emerald Obadinah Heavner



The Myers-Briggs Type Indicator

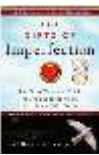
## 2-4 hours



Recovering from Someone Else's Addiction:  
My Struggles with My Son's Drug  
Addiction, and How I Learned to Heal  
by Katherine White



Daring Greatly: How the Courage to  
Be Vulnerable Transforms the Way  
We Live, Love, Parent, and Lead  
by Brené Brown



The Gifts of Imperfection:  
Let Go of Who You Think You're Supposed  
to Be and Embrace Who You Are  
by Brené Brown Ph.D, L.M.S.W.



One Victory at a Time Every Man's Battle:  
Winning the War on Sexual Temptation  
by Stephen Arterburn and Fred Stoeker



Way of the Peaceful Warrior: A Book  
That Changes Lives  
by Dan Millman



Adult Children of Emotionally Immature Parents:  
How to Heal from Distant, Rejecting, or  
Self-Involved Parents  
by Lindsay C. Gibson



The Intimacy Factor:  
The Ground Rules for Overcoming the Ob-  
stacles to Truth,  
Respect, and Lasting Love



Repeat After Me:  
A Workbook for Adult Children Overcoming  
Dysfunctional Family Systems  
by Claudia Black



It Will Never Happen to Me:  
Growing Up with Addiction As Youngsters,  
Adolescents, Adults  
by Claudia Black June



Life in the Fish Bowl: The True Story of How a White  
Cop Infiltrated and Took down 41 of the Nation's  
Most Notorious Crips  
by J. Tegan Broadwater

# Books

Greater than 4 hours



**Eating in the Light of the Moon: How Women Can Transform Their Relationship with Food Through Myths, Metaphors, and Storytelling**  
by *Anita A. Johnston PhD.*



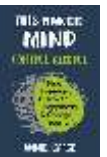
**Attached: The New Science of Adult Attachment and How It Can Help You Find--and Keep--Love**  
by *Amir Levine and Rachel Heller*



**Start with Why: How Great Leaders Inspire Everyone to Take Action**  
by *Simon Sinek*



**The Power of Now: A Guide to Spiritual Enlightenment**  
by *Eckhart Tolle*



**This Naked Mind: Control Alcohol, Find Freedom, Discover Happiness & Change Your Life**  
by *Annie Grace*



**Love First: A Family's Guide to Intervention**  
by *Jeff Jay, Debra Jay*



**Codependent No More**  
by *Melody Beattie*



**Rising Strong**  
by *Brené Brown*



**My Story**  
by *Elizabeth Smart*



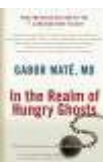
**Taming Your Outer Child: Overcoming Self-Sabotage and Healing from Abandonment**  
by *Susan Anderson*



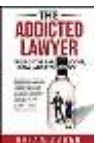
**Health At Every Size: The Surprising Truth About Your Weight**  
by *Linda Bacon*



**Radical Acceptance: Embracing Your Life With the Heart of a Buddha**  
by *Tara Brach*



**In the Realm of Hungry Ghosts: Close Encounters**  
by *Gabor Mate, Peter A. Levine*



**The Addicted Lawyer: Tales of the Bar, Booze, Blow, and Redemption**  
by *Brian Cuban*



## Websites/Additional Resources



Leon Brennan, Recovering Drug Enthusiast.

<https://www.quora.com/profile/Leon-Brennan-2>



Parents Helping Parents, A great resource for parents who have a child (adolescent or adult) struggling with addiction

<https://www.parentshelpingparents.info>



The School of Life - a resource for helping us understand ourselves, for improving our relationships, our careers and our social lives - as well as for helping us find calm and get more out of our leisure hours.

<https://www.youtube.com/user/schooloflifechannel/videos>