

52 Weeks to a Sweeter Life Deeper Dive Links

Here are the links mentioned in *52 Weeks to a Sweeter Life for Caregivers, Activists and Helping Professionals, A Workbook of Emotional Hacks, Self-Care Experiments and Other Good Ideas* by Farzana Doctor (Douglas & McIntyre, 2024).

They are listed by the week they are mentioned. We are trying to keep them current, but if you notice an error before we do, please don't hesitate to [get in touch](#).

Week 5:

- 2-minute explainer video on neuroplasticity
<https://www.youtube.com/watch?v=ELpfYCZa87q&feature=youtu.be>

Week 10:

- Brené Brown's podcast episode on anxiety and over/underfunctioning, and the contagion of day-to-day anxiety in groups
<https://brenebrown.com/podcast/brene-on-anxiety-calm-over-under-functioning/>

Week 13:

- 4-minute video that describes the stress responses fight, flight, freeze and fawn
https://www.youtube.com/watch?v=oTGeqnbQp_Q

Week 14:

- Window of Tolerance infographic from the National Institute for the Clinical Application of Behavioural Medicine (NICABM) <https://www.nicabm.com/wp-content/uploads/2019/05/NICABM-InfoG-window-of-tolerance-revised.jpg>
- Linda Thai's programs <https://www.linda-thai.com/programs/>

Week 19:

- Highly Sensitive Person self-test <https://hsperson.com/test/highly-sensitive-test/> Week 21:
- Gretchen Rubin's 5-minute Four Tendencies quiz
https://quiz.gretchenrubin.com/?utm_source=website&utm_medium=homepage

Please feel free to share [the book](#) and these resources with others.

Farzana is available for speaking engagements, webinars and book club talks. Get in touch with her [here](#).

Week 29:

- 3-minute attachment styles quiz <https://dianepooleheller.com/attachment-test/>
- Article by psychologist Dianne Poole Heller that describes the four attachment styles, and common ways they are expressed in adult relationships
<https://traumasolutions.com/four-attachment-style-types/>

Week 33:

- Free Mindfulness Daily course by Tara Brach and Jack Kornfield
<https://courses.tarabrach.com/courses/mindfulness-daily>
- 8-minute TEDx talk by neuroscientist Sara Lazar <https://www.youtube.com/watch?v=m8rRzTtP7Tc>

Week 35:

- Couch Potato Yoga, a fully seated and beginner friendly yoga class by Jessamyn Stanley
<https://www.youtube.com/watch?v=njJHiEVqzw&t=83s>

Week 37:

- 5-minute conversation between Dr. Richard Schwartz and Dr. Esther Perel. They discuss the inner critic and healing.
https://www.youtube.com/watch?v=NUKMNqJB_kw
- 7-minute guided inner child meditation by Ekta Hattangady <https://insiq.ht/iBomp15fcDb>

Week 41:

- Study about water and mood.
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0094754>

Week 42:

- Six-minute guided “Wee Hours Rescue” Meditation by Mary Maddux <https://insiq.ht/jGfoziVFADb>

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Week 43:

- 10-minute video conversation between James Nestor and Dr. Rangan Chatterjee about nose breathing and mouth taping at night.

https://www.youtube.com/watch?v=OWI_hJ2vWJ4

- 6-minute video lecture on cadence breathing by Fariya Doctor

<https://m.youtube.com/watch?v=LvaAymYawy8&feature=youtu.be>

Week 45:

- Are You Addicted to Your Smartphone quiz by Dr. Sharon Horwood at Deakin University in Melbourne Australia <https://this.deakin.edu.au/self-improvement/quiz-are-you-addicted-to-your-smartphone>

Week 47:

- 3-minute Baroness Von Sketch episode about LinkedIn notifications

<https://www.youtube.com/watch?v=Z7Q7ZOqzsFs>

Week 49:

- 8-minute guided meditation by Sarah Blondin on learning to surrender

https://www.youtube.com/watch?v=BFwT_r4b57c

Week 50:

- Sleep talk down self-hypnosis by Linda Hall <https://insiq.ht/IIHjtD1YiDb>

- Stop Teeth Grinding Hypnosis by Iris Higgins <https://www.youtube.com/watch?v=DXKltwtOa3s>

- Free hypnosis recordings by Luke Chao (on a number of topics including sleep, emotions, self-love and more)

<https://www.morpheusclinic.com/free-hypnosis-recordings/>

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