A SHORT LIST OF RESOURCES

SMARTPHONE APPS
Nap App: Pzizz (see www.pzzizz.com for more info)

Meditation Training App: Headspace (see www.headspace.com for more info)

ONLINE


Morning Pages: http://juliacameronlive.com/basic-tools/morning-pages/

BOOKS
The Artists Way, Julie Cameron

If You Want to Write: A Book About Art, Independence, and Spirit, Brenda Euland

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing, Marie Kondo

Quiet: The Power of Introverts in a World That Can’t Stop Talking, Susan Cain

  Part 1: A Lapsed Anarchist’s Approach to Building a Great Business
  Part 2: A Lapsed Anarchist’s Approach to Being a Batter Leader
  Part 3: A Lapsed Anarchist’s Approach to Managing Ourselves

Governance as Leadership: Reframing the Work of Nonprofit Boards, Richard Chait, William Ryan, Barbara Taylor

Managing the Nonprofit Organization, Peter Drucker

Change by Design: How Design Thinking Transforms Organizations and Inspires Innovation, Tim Brown
Managing Ourselves: Tips and Frameworks — Jeffrey Lependorf, Executive Director / Community of Literary Magazines and Presses & Small Press Distribution

CYNEFIN FRAMEWORK

FOUR STAGES