# Resources from Dr. Jorge Cherbosque's Presentation Jorge Cherbosque Ph.D.

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Dr. Jorge Cherbosque mentioned several resources during his presentation

# Videos:

* “How to Live to be 100” by Dan Buettner – TED Talk
* “Happy” – The documentary appears to be available for free on TubiTV

# Apps:

* Calm
* Headspace
* Meditation Oasis

# Books:

Rent these titles as e-Books or e-Audiobooks using your library card. Some titles may have a queue, so place a hold to be notified once they are available.

* 1. Available on Libby via LAPL
  2. Available on Libby via LA County
  3. Available on Hoopla via either library card
* “The Miracle Morning” – Hal Elrod (1, 2)
* “Authentic Happiness” – Martin Seligman (1, 3)
* “Why Zebras Don’t Get Ulcers” – Robert M. Sapolsky (1, 3)
* “Feel the Fear and Do It Anyway” – Susan Jeffers (1)
* “Feeling Good” – David D. Burns (1, 3)
* “Man’s Search for Meaning” – Victor E. Frankl (1, 2)
* Feel the fear and do it anyway-Susan Jeffers
* The Felling good Book by David burnes