

Websites That Inspire and Support Resilience

Use these resources for support in your own deep-end journey.

- **Superhero Life (www.superherolife.com):** Creator Andrea Scher explains, “I’m redefining what it means to be a SUPERHERO—‘cause in my world, it’s got nothing to do with capes, spandex or sidekicks and everything to do with tenderness, intuition & baby steps of bravery.”
- **Mark Manson (www.markmanson.net):** The author of *The Subtle Art of Not Giving a F*ck*, Manson hopes to “give life advice that doesn’t suck.”
- **Seth Godin (<http://sethgodin.typepad.com>):** Inspirational blogger and author Seth Godin “focuses on everything from effective marketing and leadership, to the spread of ideas.”
- **On Being (www.onbeing.org):** Terrific journalist and interviewer Krista Tippett leads the On Being Project, “an independent non-profit public life and media initiative that pursues deep thinking and social courage, moral imagination and joy.”
- **Brain Pickings (www.brainpickings.org):** Maria Popova writes a terrific and “free Sunday digest of the week’s most interesting and inspiring articles across art, science, philosophy, creativity, children’s books, and other strands of our search for truth, beauty, and meaning.”
- **Eric Barker (*Barking Up the Wrong Tree*—www.bakadesuyo.com /blog):** Eric Barker, author of *Barking Up the Wrong Tree* writes a blog which, he notes, “brings you science-based answers and expert insight on how to be awesome at life.”
- **Gaping Void (www.gapingvoid.com):** Gaping Void is a culture design group that focuses on human design and change, and offers a blog with terrific visuals that inspire.
- **Next Avenue (www.nextavenue.org):** “Where grown-ups keep growing” is the tag line for this website that offers “vital ideas, context and perspectives on issues that matter most as we age.”
- **The School of Life (www.theschooloflife.com):** This global London-based organization offers emotional intelligence development workshops worldwide and has a fabulous shop and a great blog.
- **Center for Courage and Renewal (www.couragerenewal.org):** This site aims to connect people and empower diverse communities. The center offers workshops that help participants rejoin “soul and role,” a terrific set of resources, and a blog.
- **Margaret J. Wheatley (www.margaretwheatley.com):** I am a big fan of Margaret Wheatley, author extraordinaire. She features articles, videos, and books on her site that align with her work on helping us become warriors for the human spirit.
- **Bobbi Emel (www.thebounceblog.com):** Emel is a therapist who writes a blog for people who want to bounce back from challenging events. Resources on developing resilience, bouncing back from grief, and knowing your core gifts are found on the site.