* **Resource List –**

**Alone Time Considerations – Your area of greatest influence**

1. Duhigg, Charles, *The Power of Habit* (Excellent resource on how to create maintain and sustain habits and patterns you want for your life.)
2. Doidge, Norman, *The Brain That Changes Itself* (Helps understand the way the brain functions to help you see what is possible to change)
3. Resources you can email instructor to request
   1. *Time to Decide – A good booklet to guide decisions for health care and end of life preferences.*
   2. *Important Documents to Have in Order*

**Family and Friends: Relationships**

1. Resource you can email to request
   1. *Reclaiming Time: Caregiver Relief and Renewal* (a guide for persons providing care or receiving care from others in their home).

**Community**

1. Peter Block, Community: *The Structure of Belonging*.

A good book to help you think about how to participate in community building in any group.

**Other Resources: For your reading pleasure and learning across areas**

1. Sarton, May, **At** *Eighty-Two: A Journal*. (She integrates her daily life in all its dimensions. What she does with her time and thinks about.)
2. Lukianoff, Greg, & Haidt, Jonathan. *The Coddling of the American Mind,* Appendix I pp. 275-278 How to do CBT [Cognitive Behavioral Therapy] helpful across all areas about ways to interact within the self and with others.
3. Moynes, Riley, The Four Phases of Retirement: *What to Expect When You’re Retiring.* <https://thefourphases.com/buy-the-book/> A very helpful resource for whatever age you retire or read at any time after ‘retirement’ to help you better understand many of the elements to consider as you age.
4. *Yes? Magazine* Elders, Winter, 2024 edition. (Worth the read in thinking about many aspects of aging.) Website Yesmagazine.org