

Mindy Body Brain Resources

Paul Taylor, Director, of www.mindbodybrain.com.au provided the following resources;

1. At <https://www.mindbodybrain.com.au/resources> you'll find an 8-minute workout, educational videos and an e-book
2. Video explaining the concept of a Ritual Board for creating habits: <https://vimeo.com/84756930>
3. The MindBodyBrain Project podcast (subscribe for auto-updates):
 - [Apple Podcasts](#)
 - [Spotify](#)
 - [Google Podcasts](#)
4. [The science behind Box Breathing](#) (video)
5. Books recommend by Paul Taylor:
 - Courage under fire: Testing Epictetus's doctrines in a laboratory of Human behaviour by James Stockdale
 - The Little Book of Stoicism by Jonas Salzgeber
 - The Obstacle is The Way by Ryan Holiday
 - Man's Search for Meaning by Viktor Frankl
 - Mindset by Carol Dweck
 - Shackleton's Way by Margot Morrell
 - Leadership Lessons from the Hanoi Hilton by Peter Fretwell
6. Paul Taylor's social media links:
 - Linked <https://www.linkedin.com/in/paultaylor1971/>
 - Instagram: @mindbodybrainpi