Recommended Resources from Dr. Harry Karydes of the Medicine Revived Blog and Podcast

TED Talks

Stefan Larsson: What Doctors Can Learn From Each Other

Abraham Verghese: A Doctor's Touch

Guy Winch: Why We All Need to Practice Emotional First Aid

Book Recommendations

The Checklist Manifesto by Atul Gawande

When Breath Becomes Air by Paul Kalanithi

Being Mortal by Atul Gawande

The 7 Habits of Highly Effective People by Jack Canfield

Wellness Apps

Headspace (meditation app)

Sleep Cycle (intelligent alarm clock)

Lose It! (weight management)

Zero (fasting tracker)