The things you can see only when you slow down: how to be calm and mindful in a fast-paced world, by Haemin Sunim

Works from the following authors:
- Tina Payne Bryson, Ph.D.
- Adele Faber and Elaine Mazlish
- Laura Markham, Ph.D.
- Janet Lansbury
- Daniel J. Siegel, M.D.

The ABC Science Collaborative
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American Academy of Pediatrics
- Critical Updates on COVID-19

The Children’s Hospital of Philadelphia
- Navigating COVID-19

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The School of Life YouTube channel