

Bay Area MCLE Conference
Wednesday, November 20, 2024
9:00 AM to 10:00 AM

Mental Health Well-being in the Legal Profession

**RESOURCES FOR WELLNESS, PERSONAL GROWTH, AND EXPLORATION FOR A
FULFILLING LIFE:**

Mel Robbins, Motivational Speaker, Author, and Podcaster and former Public Defender. Website: melrobbins.com; Amazon.

Landmark Worldwide. Website: Landmarkworldwide.com

The Diamond Approach. Website: diamondapproach.com

The Body Keeps Score, Brain, Mind, and Body in the Healing of Trauma, Bessel A. van der Kolk, M.D.

The Myth of Normal, Trauma, Illness, and Healing in a Toxic Culture, Dr. Mate Gabor, M.D.

The Alex Howard Group, Optimum Health Clinic and Conscious Life. Website: alexhoward.com

David Whyte, “Three Sundays Series”.

“The Guest House,” by Rumi.