

MCLE presentation, Carolyn Rosenblatt and Dr. Mikol Davis

Wednesday, November 12th, 3:00 – 4:00 pm

Huberman, A. (Host). (2021–present). *Huberman Lab* [Audio podcast]. Scicomm Media. <https://www.hubermanlab.com>

Nestor, J. (2020). *Breath: The new science of a lost art*. Riverhead Books.

Selye, H. (1956). *The stress of life*. McGraw-Hill.

Van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Viking.

Walker, M. (2017). *Why we sleep: Unlocking the power of sleep and dreams*. Scribner.