

My Favorite Podcasts to Help Shift Your Mindset

We Can Do Hard Things,
with Glennon Doyle

Episode 1. Anxiety:
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On Purpose, with Jay Shetty

Episode from March 29th, Ariana Huffington On: How Setting Small Micro Habits Can Help Combat Burnout and Exhaustion.

Episode from April 2nd, 6 Steps to Overcoming the Perfectionist Mindset

Super Soul, with Oprah Winfrey

Episode from April 6th, Whispers
Episode from April 13th, Martha Beck:
The Way of Integrity

The Ed Mylett Show

Episode from Feb 23rd, Billion Dollar Authenticity with Jamie Kern Lima.

Episode from September 8th, Protect Your Purpose with Jay Shetty

The Goop Podcast

Gwenyth Paltrow X Will Cole:
Intuitive Fasting

**The Skinny Confidential,
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Episode from November 17th, Glennon Doyle on How to Take Hold Of Your Life By Becoming Braver

Self Help Mindset Fan Favorite

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