

Ditch the Anxiety, Make Bold Moves, and Design Your Meaningful Tech Career — Community Resources

During Charlottesville Data Science's [Ditch the Anxiety, Make Bold Moves, and Design Your Meaningful Tech Career](#) event featuring Kim Scott, many members of the audience shared recommendations for books, apps, or other resources they've found useful in their own lives. This document is intended to collect these resources together in one place for convenient review.

- [Emotional Agility](#) — Kim's recommendation
- [Make Your Worrier a Warrior](#) — Kim's recommendation
- [Unwinding Anxiety](#) — Kim's recommendation
- [Waking Up \(App\)](#) — Patrick's top recommendation for mindfulness
- [Waking Up \(Book\)](#) — Patrick's recommendation
- [Balance](#) — Patrick's recommendation
- [Headspace](#) — Patrick's recommendation