



62 Life Hack RESOURCES: Be Playful

Website: <https://www.letsplayamerica.org/>

Book: [The Power of Play: Optimize Your Joy Potential - Kindle edition by O'Brien , Elaine , Seydel , Andrea . Health, Fitness & Dieting Kindle eBooks @ Amazon.com.](#)

Website: [Play for Adults](#)

Article: [How to Add More Play to Your Grown-Up Life, Even Now - The New York Times](#)

Blog: [51 Fun Ways to Bring More Play into your Life as an Adult | All Year Resolutions](#)

Book: [Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul \(Audible Audio Edition\)](#)

Website: [Elaine O'Brien](#) (Co-author of Play)

Website: [BOOKS — Catherine Price](#) (The Power of Fun: How to Feel Alive Again)

Quiz: [Quiz: Which of These 8 Adult Play Styles Are You? | Well+Good](#)

Article: [Play Doesn't End With Childhood: Why Adults Need Recess Too : NPR Ed](#)

Article: [The Benefits of Play for Adults - HelpGuide.org](#)

Video: [Stuart Brown: Play is more than just fun | TED Talk](#)

Article: [The Importance of Play: 9 Scientific Reasons Adults Should Play More - TCK Publishing](#)

Article: [The Importance of Adult Play: Why Adults Should Never Stop Playing](#)

Research: [A golden age of play for adults | BPS](#)

Article: [Adults need recess too. Here's why you should make time to play.](#)