



#97 Life Hack RESOURCES: SMART Ask

Books:

[All You Have to Do Is Ask: How to Master the Most Important Skill for Success](#)

[Reinforcements: How to Get People to Help You: Grant, Heidi](#)

Podcasts:

[800: How to Get Better at Asking for Help with Dr. Heidi Grant](#)

[Do You Need To Ask For Help More? Podcast with Wayne Baker | Michelle McQuaid](#)

Websites:

[Dr. Heidi Grant](#)

Videos:

[Heidi Grant: How to ask for help -- and get a "yes" | TED Talk](#)

[!\[\]\(4b7a79268f6ba26c1471d4232fffa85a_img.jpg\) Are You Judging Those Who Ask for Help? | Oprah's Lifeclass | Oprah Winfrey Network](#)

[There's a better way to help than asking 'How can I help?' | PBS NewsHour](#)

Articles:

[Why asking for help is hard, but people want to help more than we realize | Stanford News](#)

[How to ask for help](#)

[5 Ways to Get Better at Asking for Help](#)

[Do You Know The SMART Way To Ask For Help?](#)

Research:

["Why didn't you just ask?" Underestimating the discomfort of help-seeking - ScienceDirect](#)

[When Helping Helps: Autonomous Motivation for Prosocial Behavior and Its Influence on Well-Being for the Helper and Recipient](#)