

Dr. Gerbi's Super Candid (Often Super-Sentimental)

Resource List

Here is a list of resources that have contributed to the way I think, write, eat, breathe, and live. Athletes, artists, actors, economists, teachers, animators... anyone who made me go, "yeah... that thing. I should try that."

#neverstoplearning

(In Alphabetical Order by Author/Film Title):

Alda, Alan. [*If I Understood You, Would I Have This Look on My Face?*](#) Random House, 2018.

Catmull, Ed. [*Creativity, Inc: Overcoming the Unseen Forces That Stand in the Way of True Inspiration*](#). Random House, 2014.

Crews, Terry. [*How to be a Better Man \(Or Just Live with One\)*](#). Zink Ink, 2014.

Crews, Terry. [*Tough*](#). Penguin, 2022.

Delany, Brigid. [*Wellmania: Extreme Misadventures in the Search for Wellness*](#). Greystone Books, 2018.

Eason, Bo. [*There's No Plan B for Your A-Game*](#). St. Martin's Press, NY, 2019.

Elrod, Hal. [*The Miracle Morning*](#). 2012.

Fletcher, Emily. [*Stress Less, Accomplish More*](#). William Morrow, 2019.

[*Freedom Writers \(Feature Film\)*](#). 2006. Amazon Prime.

[*Hoosiers \(Feature Film\)*](#). 1986. Roku.

Jones, Quincy. [*12 Notes on Life and Creativity*](#). Abrams, 2022

Jones, Rashida. [*A Swim Lesson*](#). Short documentary film streamable via YouTube, Le Train Train, 2024.

Kelsky, Karen. [*The Professor is In*](#). Three Rivers Press, 2015.

Metz, Chrissy. [*This is Me*](#). Harper Collins, 2018.

Michaels, Jillian. [*Unlimited*](#). Random House, 2011.

Obama, Michelle. [*Becoming*](#). Crown, 2018.

Porter, Billy. [*Unprotected: A Memoir*](#). Abrams Press, 2021.

Pryal, Katie Rose Guest. [*The Freelance Academic*](#). Blue Crow Press, 2019.

Rabe, Tish. [*"Tish Rabe Books."*](#) (Extraordinary Opera Singer-turned-Sesame Street Musical Assistant-turned-PBS Producer-turned-Children's Book Author who began her own company at the age of 70; [Learn about her on the Tim Ferriss Podcast](#))

Robbins, Tony. [*I am not Your Guru*](#). Netflix.

[*Rudy \(Feature Film\)*](#). 1993. Amazon Prime.

Ruttiger, Daniel "Rudy." [*Rudy: My Story*](#). Thomas Nelson, 2012.

Sincero, Jen. [*You are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*](#) (whole series). Running Press, 2013.

Stewart, Erin. [*The Joyful Singer Podcast*](#). Most podcast streaming services.

Werner, Kenny. [*Effortless Mastery*](#). **Note: particularly good selection for musicians or performers who experience performance anxiety. You must complete meditations for this selection, which can be found on YouTube.

Westover, Tara. [*Educated*](#). Random House, 2018.

Williams, Jayne. [*Slow, Fat Triathlete \(2004\)*](#) and [*Shape Up With The Slow, Fat Triathlete \(2008\)*](#)

Valerio, Merna. [*A Beautiful Work in Progress*](#). Grand Harbor Press, 2017.