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

Here is a list of resources that have shaped how 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.

Bluey. (The whole darn series, available on Disney +). But, maybe most critically, "The Bike…"

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.

Devantez, Chelsea. ***I Shouldn't Be Telling You This.*** Hanover Square Press, 2024.

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.

Green, Katie. Lighter Than My Shadow. Vintage/Random House, 2017.

***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.*** HarperCollins, 2018.

Michaels, Jillian. ***Unlimited.*** Random House, 2011.

Murakami, Haruki. ***What I Talk About When I Talk About Running.*** Vintage International, 2008.

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 the meditations for this selection, which are available 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.