

Work-Life Balance: Professional and Personal Approaches for RDNs

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Resources

Books

1. Mabry A. *The Art of Rest*. Epsom, England: The Good Book Company; 2018.
2. Collins J. *Good to Great*. New York, NY: HarperBusiness; 2001.
3. McKeown G. *Essentialism*. New York, NY: Crown Business; 2014.
4. Turner JN. *The Fringe Hours*. Grand Rapids, MI: Revell; 2015.
5. Digsby S. *Priority Planner & Wellness Log*. CreateSpace Independent Publishing Platform; 2018.

Podcasts

1. Hyatt M. The disciplined pursuit of less. *This is Your Life*. <https://michaelhyatt.com/pursuit-of-less/>. Published May 16, 2016.
2. Hyatt M. Do you really want work-life balance? *This is Your Life*. <https://michaelhyatt.com/s08e12-work-life-balance/>. Published September 12, 2016.
3. Stanley A. Doing what only you can do. *The Andy Stanley Leadership Podcast*. <https://play.acast.com/s/andystanleyleadershippodcast/doing-what-only-you-can-do-part-1>. Published May 5, 2017.
4. Stanley A. The question great leaders ask. *The Andy Stanley Leadership Podcast*. <https://play.acast.com/s/andystanleyleadershippodcast/the-question-great-leaders-ask>. Published May 1, 2015.
5. Flynn P. *Smart Passive Income*, episodes 279, 869, 770, and 503. <https://www.smartpassiveincome.com/podcasts/>. Updated January 23, 2019.

Teamwork App

1. Asana. www.asana.com.

Planning Apps

1. MindNode. www.mindnode.com.
2. Evernote. www.evernote.com.
3. AnyList. www.anylist.com.