

During the Live Making the Most of Your Summer session, we asked attendees for their recommendations for everything from books to podcasts, challenges, and courses. See below for some more ideas!

Book ideas

- The Element: How Finding Your Passion Changes Everything by Ken Robinson
- Finding Your Element by Ken Robinson
- Thinking, Fast and Slow by Daniel Kahneman
- The Undoing Project by Michael Lewis
- Rich Dad Poor Dad by Robert Kiyosaki
- Think and Grow Rich by Napoleon Hill
- How to be an Antiracist by Ibram X. Kendi
- The 7 Habits of Highly Effective People by Stephen Covey

Online short courses

<https://ecollege.etbonline.ie>

[RCSI Course on Health and Happiness](#)

Podcasts

Earn your Leisure Podcast

Armchair Expert, Dax Shephard

Squiggly Careers Podcast

BBC The Inquiry Podcast

Mental - The podcast to destigmatising mental health

Ways to change the world podcast with Krishnan Guru-Murthy

Other ideas/Activities

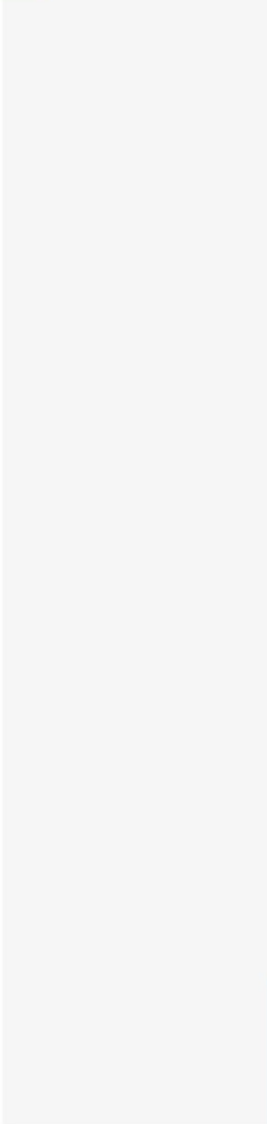
Try going vegetarian/vegan for a week/month

Take a freezing cold shower once a week

[Try making a homemade pizza](#) (you could use a wrap as a base too)

[Check out Gary Vee's content](#)

Clubhouse - live talks and is an alternative to podcast



Note: The information in this document is given in good faith and is correct at the time of publication. The DCU Careers Service accepts no responsibility for decisions made based on the information contained in this document. It is the individual's responsibility to check information related to any of the above resources.