

## **Additional Resources: Summer Projects**

### *Books*

Clear, James. *Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones*. Avery, 2018.

Fogg, B.J. *Tiny Habits: The Small Changes That Change Everything*. Houghton Mifflin Harcourt, 2020.

Milkman, Katy. *How to Change: The Science of Getting From Where You Are to Where You Want to Be*. Portfolio, 2021.

Tharp, Twyla. *The Creative Habit: Learn it and Use it for Life*. Simon & Schuster, 2006.

### *Blogs*

[Motivation in Isolation](#) – Carter, Christine. *The Curious Musician*

[Where There's a Way There's a Will, Part 1](#) – Carter, Christine. *The Curious Musician*

[Where There's a Way There's a Will, Part 2](#) – Carter, Christine. *The Curious Musician*

[Process vs Product](#) - Bulmer, Karen. *Music, Mind, and Movement*

### *Podcasts*

Ten Percent Happier Podcast - <https://www.tenpercent.com/podcast>

[How to Change Your Habits](#) (with Katy Milkman)

The Psychology Podcast - <https://scottbarrykaufman.com/podcast/>

[How to Change](#) (with Katy Milkman)

Rich Roll Podcast - <https://www.richroll.com/all-episodes/>

[How to Change Your Brain](#) (with Andrew Huberman)