



Medicine Revived

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Recommended Resources from Dr. Harry Karydes of the [Medicine Revived Blog and Podcast](#)



TED Talks

[Stefan Larsson: What Doctors Can Learn From Each Other](#)

[Abraham Verghese: A Doctor's Touch](#)

[Guy Winch: Why We All Need to Practice Emotional First Aid](#)

Book Recommendations

The Checklist Manifesto by Atul Gawande

When Breath Becomes Air by Paul Kalanithi

Being Mortal by Atul Gawande

The 7 Habits of Highly Effective People by Jack Canfield

Wellness Apps

[Headspace](#) (meditation app)

[Sleep Cycle](#) (intelligent alarm clock)

[Lose It!](#) (weight management)

[Zero](#) (fasting tracker)