

Books from Talk:

- The Overstory by Richard Powers (fiction)
- Cloud Cuckoo Land by Anthony Doerr (fiction)
- The Humane Gardener by Nancy Lawson
- The Ministry for the Future by Kim Stanley Robinson (fiction)
- Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman
- Essentialism by Greg McKeown
- Choosing Civility by P.M. Forni
- Atomic Habits by James Clear
- Hyper Focus by Chris Bailey
- Wherever You Go There You Are by Jon Kabat-Zinn
- Nature's Best Hope by Doug Tallamy
- Bringing Nature Home by Doug Tallamy
- The Sixth Extinction by Elizabeth Kolbert
- The Broken Heart of America by Walter Johnson
- Better Living Through Birding by Christian Cooper
- What It's Like to Be a Bird by David Allen Sibley
- The Nature of Oaks by Doug Tallamy
- The Hidden Life of Trees by Peter Wohlleben
- Factfulness by Hans Rosling
- The Stoic Challenge by William Irvine
- What Got You Here Won't Get You There by Marshall Goldsmith
- Drive by Daniel Pink
- Mindset by Carol Dweck
- Grit by Angela Duckworth
- Daring Greatly by Brene Brown
- The Comfort Crisis by Michael Easter
- How to Be an Anti-Racist by Ibram Kendi
- The Moment of Lift by Melinda Gates
- Thanks for the Feedback by Douglas Stone and Sheila Heen

Movies:

- Wall-E

Articles:

- Why Women Can't Have it all by Ann-Marie Slaughter (The Atlantic)
- Caffeine Effects on Sleep Taken 0,3, or 6 Hours before Going to Bed by Christopher Drake, et al.
- Eisenhower Box at jamesclear.com
- Beware the Busyness Trap by Thomas DeLong (Harvard Business Review)
- Resources for Patient Mental Health and Well-being after Orthopaedic Trauma by Obey, et al.

- Reframing Clinician Distress: Moral Injury Not Burnout by Wendy Dean and Simon Talbot
- How Long Will it Take to Reach Gender Parity in Orthopaedic Surgery in the United States? by Alexander Acuna, et al.

Nature Resources:

Apps:

- Merlin (Bird ID and bird song ID)
- Seek (Plant and animal photo ID)

Audubon Plants for Birds:

<https://www.audubon.org/plantsforbirds>

Tallamy's Homegrown National Park: <https://homegrownnationalpark.org>

NC Native Plant List:

<https://ncwildflower.org/recommended-native-species/>

Native Landscape Plans: <https://grownative.org/learn/native-landscape-plans/>

Xerces Society for Invertebrate Conservation:

<https://www.xerces.org>

Seven Simple Actions to Help Birds:

<https://www.birds.cornell.edu/home/seven-simple-actions-to-help-birds/>

Live Bird Migration Maps:

<https://birdcast.info/migration-tools/live-migration-maps/>

Species Migration

Tools: https://ebird.org/map?_gl=1*1bsqq4d*_ga*MjgyMzc1NzE1LjE2OTQ3Mjg4NDY.*_ga_QR4NVXZ8BM*MTY5NDcyODg0Ni4xLjEuMTY5NDcyODg3Ni4zMC4wLjA.&_ga=2.156732731.1060477211.1694728847-282375715.1694728846