

# ***Resources to Support You on Your Journey***

## ***Links to my info:***

APP to FYT Rediscover and More Body Mind Soul Programs - Coming soon: subscribe from my website or message me to be on the list when it launches....[becky@free-your-time.com](mailto:becky@free-your-time.com)

[Website for Blog and Services](#)

[Stitches and Lullabies](#)

[Mind Over Matter Anthology](#)

## ***Books:***

[Messages of your body](#)

[Power of now](#)

[Atomic habits](#)

[5 second rule](#)

**Current Podcast Enjoyable and Informative:**

<https://open.spotify.com/show/7zPnnLDZA9qb8mwuvlxoZZ>

Dr Leaf

<https://open.spotify.com/show/6NyPQfcSR9nj0DPDr2ixrK?si=3d6b43c7ef1d41b4>

Dr Chatterjee

***Resources/Measures:***

[Feelings Wheel](#)

[Cleveland clinic - serotonin](#)

[BSC - Bristol Stool Chart](#)

[Urine colour chart](#)

[Water: Essential for your body](#)