



Works Cited in Normal Conversations Podcast 2

David, D. S. (2021, March 1). The Dangers of Toxic Positivity (parts 1& 2). *Dare to Lead*. (D. B. Brown, Interviewer) Retrieved November 19th, 2021, from <https://brenebrown.com/podcast/brene-with-dr-susan-david-on-the-dangers-of-toxic-positivity-part-1-of-2/#listen>

David, S. (2016). *Emotional Agility: Get Unstuck, Embrace Change and Thrive in Work and Life*. London, UK: Penguin Random House UK.

Some funny questions you can ask yourself or a loved one

1. What is your favourite food?
2. Where is your happy place?