**Resources for Healing**

When you want to feel stronger…

Listen to these Spotify Playlists:

* [ON FLEEK](https://open.spotify.com/user/myplay.com/playlist/6j2ZnN1A2xcWQMELm6hcdI)
* [Move on & Don’t Look Back](https://open.spotify.com/user/spotify/playlist/6LGtVEEcQINthOb7u6GIf4)
* [Feelin’ Good](https://open.spotify.com/user/spotify/playlist/1B9o7mER9kfxbmsRH9ko4z)
* [Heartbreak Hotel](https://open.spotify.com/user/orioncarloto/playlist/497z7Bl1thi4zuR73yXGH1)

You could also watch these videos:

* [Iyanla Vanzant: You Matter](http://www.supersoul.tv/supersoul-sessions/iyanla-vanzant-you-matter)
* [5 Things Your Brain Does During a Break Up by Bustle](https://www.bustle.com/articles/152531-5-things-your-brain-does-during-a-breakup)
* [Listening to Shame by Brené Brown](https://www.youtube.com/watch?v=psN1DORYYV0)

There are books you can read too:

* [Attached: The New Science of Adult Attachment and How It Can Help You Find – and Keep – Love by Amir Levine and Rachel Heller](https://www.amazon.com/Attached-Science-Adult-Attachment-YouFind/dp/1585429139)
* [It’s Okay to Laugh (Crying is Cool Too) by Nora McInerny Purmort](https://www.amazon.com/Its-Okay-Laugh-Crying-Cool/dp/0062419374)