

## Q&A: RESOURCES

[Katenorthrup.com/seasons](https://www.katenorthrup.com/seasons)

*Healing around workaholism:*

**Women's Bodies, Women's Wisdom** by Dr. Christiane Northrup

**Woman Code** by Alisa Vitti

**The Feminine Genius** by LiYana Silver

**How to make sure you're not overloading - tools:**

**Idea file** - put every idea in there and come back to it later, one idea at a time.

**Basecamp, Evernote, Notebook, Box, Pinterest board** - these are all good places to store every idea so you can focus on one or two at a time and get momentum on those. (And make them amazing!)

**Inviting women together:** make it simple, produce enough to gather and watch it unfold.

**Exercise: Hip Circles**

- Stand with you feet hip width apart.
- Close your eyes.
- Begin to take your hip and trace it in a really big circle - round and round.
- Feel yourself ground into your body.