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<ol style="list-style-type: none"> 1. <i>A Terrible Melancholy: Depression in the Legal Profession</i>, http://www.supremecourt.ohio.gov/Boards/OJFN/resources/travisF.asp 2. Sadhguru, <i>Why Am I Stressed?</i> https://www.youtube.com/watch?v=3J-cYxxHQGQ 3. Sadhguru, <i>How to Manage Stress?</i> https://www.youtube.com/watch?v=F23qjR9I9RE 4. Sadhguru, <i>How to Control Stress?</i> https://www.youtube.com/watch?v=fb0qTh-hviA 5. National Geography, <i>Stress, Portrait of a Killer - Full Documentary</i>, https://www.youtube.com/watch?v=eYG0ZuTv5rs 6. Kelly McGonigal, TED Talks, <i>How to make stress your friend?</i> https://www.youtube.com/watch?v=RcGyVTAoXEU 7. Robert Sapolsky, <i>Stress and Health: From Molecules to Societies</i>, https://www.youtube.com/watch?v=0r6MFIZmrgU 8. <i>Long Term Effects of Stress on Your Body</i>, https://www.youtube.com/watch?v=1B0PGFnYnv4 9. Rev. Takafumi Kawakami, <i>How mindfulness can help you to live in the present?</i> https://www.youtube.com/watch?v=gDMOc_WCTW0 		