

### Useful Links

1. Supernova Foundation: <https://supernovafoundation.org/>
2. Feeling Good: The New Mood Therapy: [https://www.amazon.com/Feeling-Good-New-Mood-Therapy/dp/0380731762/ref=sr\\_1\\_1?crid=YCSK3XT77ZWJ&keywords=feeling+good&qid=1666268015&qu=eyJx-c2MiOiLyLjM5li-wicXNhIjoMS44MilsInFzcCI6IjluMDMifQ%3D%3D&srefix=feeling+good%2Caps%2C172&sr=8-1](https://www.amazon.com/Feeling-Good-New-Mood-Therapy/dp/0380731762/ref=sr_1_1?crid=YCSK3XT77ZWJ&keywords=feeling+good&qid=1666268015&qu=eyJx-c2MiOiLyLjM5li-wicXNhIjoMS44MilsInFzcCI6IjluMDMifQ%3D%3D&srefix=feeling+good%2Caps%2C172&sr=8-1)
3. How should I deal with becoming discouraged as a graduate student?: <https://academia.stackexchange.com/questions/2219/how-should-i-deal-with-becoming-discouraged-as-a-graduate-student/2222#2222>
- 4.