

Content to inspire and widen perspectives

Movies, books, podcasts and more.....

Some ways to work on personality...

Powerful ways ..

Movies

Books

Ted Talks

Podcasts

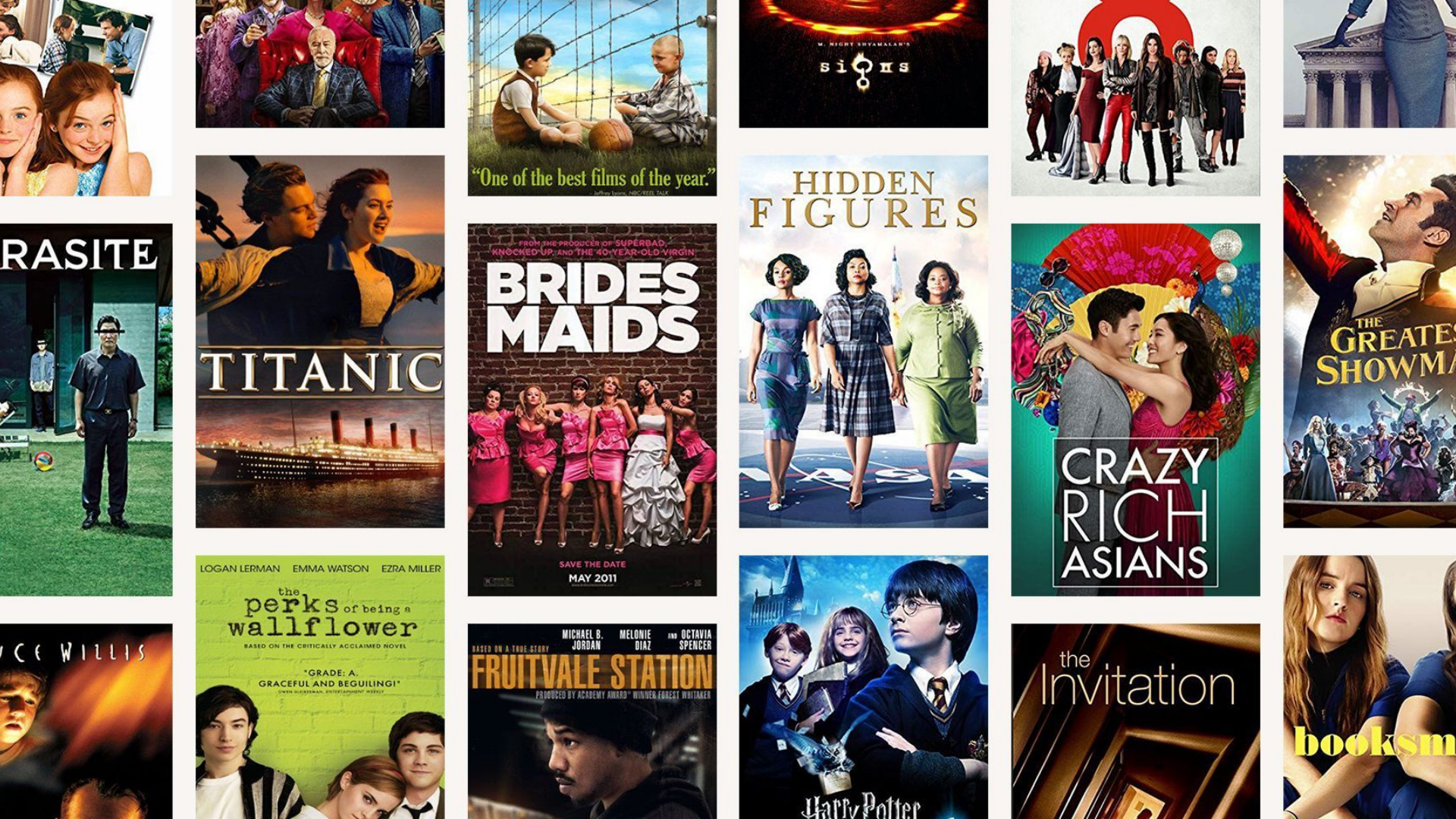
Twitter

Instagram

Motivatio
nal Videos

Follow
Sports





PARASITE

TITANIC

BRIDESMAIDS

HIDDEN FIGURES

CRAZY RICH ASIANS

THE GREATEST SHOWMAN

the perks of being a wallflower

FRUITVALE STATION

Harry Potter

the Invitation

booksman

Movies ? Why not ?



Movies :

1. Source of Joy and Role Models
2. Help us learn
3. Can drive social change
4. Help cope with stress
5. Make us more empathetic

Here are some suggestions:

The Founder	<i>The true story of how Ray Kroc, a struggling salesman from Illinois, who went on to create a multi-billion dollar empire.</i>
Dead Poets Society	<i>A new English teacher uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With his help, the students learn to break out of their shells and pursue their dreams.</i>
12 Angry Men	<i>A jury of 12 people are in a room until they decide one boy's fate. As they try to reach a decision one juror brings considerable doubt on elements of the case.</i>
The Social Network	<i>In 2003, Harvard undergrad and computer genius Mark Zuckerberg begins work on a new concept that turns into the global social network known as Facebook. Six years later, Zuckerberg finds that his unprecedented success leads to both personal and legal complications.</i>

The Matrix Trilogy	<i>The series features a story of the technological fall of humanity, in which the creation of artificial intelligence led the way to a race of self-aware machines that imprisoned mankind in a virtual reality system—the Matrix.</i>
Freedom Writers	<i>A dedicated teacher in a racially divided school has a class of at-risk teenagers thought of as incapable of learning. Instead of giving up, she inspires her students to take an interest in their education and planning their future. She assigns reading material that relates to their lives and encourages them all to keep journals.</i>
The Adjustment Bureau	<i>The film tells the story of a United States congressman who discovers that what appear to be chance events in his life are controlled by a mysterious, powerful group. After an event not planned by these controllers occurs – a romantic encounter with a dancer – he struggles against their manipulation despite their promise of a great future for him.</i>

Cast Away	<i>FedEx executive Chuck Noland is en route to an assignment in when his plane crashes. The sole survivor of the flight, Chuck washes ashore on a deserted island. When his efforts to sail away and contact help fail, Chuck learns how to survive on the island, where he remains for years.</i>
The Walk	<i>A high-wire artist devises a plan to walk on a tightrope attached to the north and south towers of the World Trade Center. With help from his team and against all odds, Petit attempts the seemingly impossible stunt on Aug. 7, 1974.</i>
Alive	<i>Stranded after a plane crash in the Andes mountains, individual members of Uruguay's rugby team respond differently. Once all available food runs out, the group faces a terrible dilemma: eat one or more of their deceased teammates, or die.</i>

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Books – uh! please, I have had enough of them



Benefits of Regular Reading

1. Gain Valuable Knowledge
2. Improves focus and concentration.
3. Exposes us to various cultures.
4. Improves your communication skills
5. Improves imagination.
6. Expands thought process.
7. Helps with sleeping (yes :D)

Good to start with :

Tuesdays With Morrie – Mitch Albom	<i>Accomplished sports writer Mitch Albom feels that his life is lacking, despite his success. When Mitch reconnects with an old mentor, who is struggling with Lou Gehrig's disease, they engage in thoughtful conversations about a variety of significant topics, including love, happiness and death.</i>
A Little Book of Happiness – Ruskin Bond	<i>Why be happy and how, and why not to worry if you think you are not. – Why it is easy to be happy, and how you can miss happiness even if it stands before you. – How a bird can fill you with joy and how a stranger's smile can soothe you. – Why happiness may not even be the word for what we really need.</i>
Karma Yoga – Swami Vivekananda	<i>This book contains eight lectures delivered by Swami Vivekananda on the practical application of the teachings of Vedanta in daily life, showing how it is possible to lead the highest life and ultimately realize the Self without abandoning the duties and avocations of one's life in the world.</i>

Train-To-Pakistan_Kushwant Singh	<i>Set during the 1947 partition of India that created the nations of Pakistan and India, it focuses on the way partition impacted the people on the ground. Focusing on the lives of ordinary citizens as they were torn from their homes, Train to Pakistan brings a human dimension to one of the bloodiest periods in the history of the two countries.</i>
Stories by Premchand	<i>Premchand was an Indian writer famous for his modern Hindustani literature. Premchand was a pioneer of Hindi and Urdu social fiction. He was one of the first authors to write about caste hierarchies and the plights of women and labourers prevalent in the society of late 1880s.</i>
Here, there everywhere - Sudha Murthy	<i>Bringing together her best-loved stories from various collections alongside some new ones and a thoughtful introduction, this is a book that is, in every sense, as multifaceted as its author.</i>

Someone like you -Durjoy Datta & Nikita Singh	<i>A book that explores Love and Relationship in college.</i>
Something I Never Told You – Shravya Bhinder	<i>An easy to relate love story</i>
The Palace of illusions – Chitra Lekha and Banerjee Divakaruni	<i>A retelling of events of Mahabharata through the eyes of Pancahali.</i>
Life's amazing secrets – Gaur Gopal Das	<i>Gaur Gopal Das the author of this book wants us to consider our lives just like a motor vehicle, backed up by four main parts– the existential correspondent of four tires.Those parts are your personal life, relationships, work-life and social contribution.</i>

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TED | 4000+ talks to stir your curiosity



TED Talks :

1. Expand perspectives.
2. Expands thought process.
3. Helps explore new ideas
4. Inspire you to speak.
5. Just 18 minutes Talk

Some of the most powerful :

How to Gain control of your time	<i>Laura Vanderkam</i>
GRIT : The power of persuasion	Angela Lee Duckworth
How to make stress your Friend	Kelly McGonigal
Inside the mind of a master procrastinator	Tim Urban
What one skill = an awesome life?	Dr. Shimi Kang
This could be why you're depressed or anxious	Johann Hari
Your body language may share who you are	Amy Cuddy
How to Speak so that people want to listen	Julian Treasure
10 TED talks for techies	https://www.computerworld.com/article/2975866/10-ted-talks-for-techies.html

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Follow Sports | Learn and Get Inspired by Champions and Teams





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Why you should listen to Podcasts for personal development

- Podcasts provide engaging content
- Podcast episodes are a convenient on-the-go option
- Listening to Podcasts means you can relax and nourish your mind
- 1000s of Podcasts are available

Podcasts

https://www.happinesslab.fm/	You might think more money, a better job, or Instagram-worthy vacations would make you happy. You're dead wrong. In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness
https://music.amazon.com/podcasts/8863f047-97b8-43bf-b6da-514132ecc5e2/episodes/c6606a1c-aa65-4393-9e7c-f4f7a9796726/paradigm-shift-introducing-paradigm-shift	In this season of Paradigm Shift, you'll hear eight fascinating stories that will tell you about the kind of metamorphosis that is possible at the intersection of human and artificial intelligence.
On Purpose with Jay Shetty	Wisdom collected from various sources.
Spotify: A product story	A miniseries about product strategy, offering on a weekly basis, a glimpse into the decisions that have guided Spotify's product evolution.

The Seen and the unseen	To fight climate change, we need to reform the power sector. Right now, it's dysfunctional. Akshay Jaitly and Ajay Shah join Amit Varma in episode 278 of The Seen and the Unseen to share their roadmap for change.
The product podcast	The Product Podcast Season 6 brings you eight interviews with top Product Authors, including Dan Olsen, Jackie Bavaro, and Nir Eyal.
UI Breakfast	Conversations about UI/UX design, products, marketing, and so much more
The Tony Robbins Podcast	Tony Robbins is without a doubt of the biggest names in personal development, and his motivational podcast is a hub where he shares all of that amazing knowledge. In his podcast, Tony shares proven strategies and tactics for achieving massive results in your business, relationships, health, and finances.
Founder's journal	Founder's gives you, the business builder, the tools you need to think better, in order to build better, whether that's building a business, a team, or a new product.

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Twitter | The world at your fingertips



Being on twitter :

1. Bite Sized Information and Insights
2. Twitter helps you to build your writing skills.
3. Connects you to a range of thought leaders.
4. Helps you build a strong network.
5. Twitter Is a Place to Showcase Talents Online

@handles to follow

https://twitter.com/_alexbrogan

Anand Mahindra

Shreyas Doshi

Naval

Marty Cagan

Jackie Bavaro

Shane Parish

Anu Hariharan

Julie Zhuo

Ken Norton

Paul Graham

James Clear

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YT and Insta | You know the benefits, don't you ?!



YouTube

Fireship

3blue1brown

Talks at Google

Ali Abdaal

MIT Opencourseware

Nerdwriter1

NN group

Product folks



Instagram

<https://www.instagram.com/codergallery/>

https://www.instagram.com/techie_programmer/

[Programmer.me](https://www.instagram.com/Programmer.me)

[Devcommunity](https://www.instagram.com/Devcommunity)

https://instagram.com/esoteric_topics?igshid=YmMyMTA2M2Y=

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Motivational Videos

Steve Jobs' 2005 Stanford Commencement Address	https://www.youtube.com/watch?v=9YzvM6V5rBM&feature=emb_imp_woyt
The Basketball Scene from The Pursuit of Happiness	https://www.youtube.com/watch?v=MEGSiX0JA-s&t=4s
Rocky Balboa's Speech to His Son	https://www.youtube.com/watch?v=mk82jljQw_8&t=2s
Olympian Derek Redmond Finishes the Race	https://www.youtube.com/watch?v=kZlXWp6vFdE
Success is a Continuous Journey by Richard St. John	https://www.youtube.com/watch?v=CgNx9BgacII
Finding Your Meaning of Life	https://www.youtube.com/watch?v=MAp0BTg2Trw&t=25s
Dream - Motivational Video	
The Last Lecture	https://www.youtube.com/watch?v=ji5_MqicxSo&feature=emb_imp_woyt
Never Quit	https://www.youtube.com/watch?time_continue=11&v=IzbCLooj-M8&feature=emb_igo

LION MENTALITY	https://www.youtube.com/watch?v=ERCIHCOF14c
Work Like Me, To Become The Best - Cristiano Ronaldo	https://www.youtube.com/watch?v=iYoXFg5D4NU
The Eagle Mentality	https://www.youtube.com/watch?v=XLPqy2oO-Eg
THE MINDSET OF A WINNER Kobe Bryant Champions Advice	https://www.youtube.com/watch?v=VSceuiPBpxY
DON'T BE NEGATIVE	https://www.youtube.com/watch?v=cEEhZS2m1QQ
Sundar Pichai Motivation Google CEO Sundar Pichai	https://www.youtube.com/watch?v=LDeQryJewww
Kill Your Excuses	https://youtu.be/JjvN_hYDp3g
Make your body language your superpower	https://youtu.be/cFLjudWTuGQ
Arnold Schwarzenegger Leaves the Audience SPEECHLESS One of the Best Motivational Speeches	https://www.youtube.com/watch?v=1bumPyvzCyo