

Short Videos to Shift Perspective

1. [The Space Between Self-Esteem and Self Compassion: Kristin Neff](#)
2. [The power of vulnerability | Brené Brown](#)
3. [Poodle Science](#): Weight stigma in the medical and regular world
4. [Childless by Choice](#)
5. [Parts Work in Therapy](#) (This is often how I work with clients)