

Accessibility and Well-Being Resources

Books

- But What Will People Say?: Navigating Mental Health, Identity, Love, and Family Between Cultures by Sahaj Kaur Kohli
- Decolonizing Wellness: A QTBIPOC-Centered Guide to Escape the Diet Trap by Dalia Kinsey
- Real Self-Care by Pooja Lakshmir
- Rest is Resistance: A Manifesto by Tricia Hersey
- You Are Your Best Thing by Tarana Burke

Articles

- Who Is Wellness For?: An Examination of Wellness Culture and Who It Leaves Behind by Fariha Roisin
<https://www.fariharoisin.com/who-is-wellness-for>
- What the Lawyer Well-Being Movement Could Learn from the Americans with Disabilities Act by Alex B. Long
<https://wmlawreview.org/what-lawyer-well-being-movement-could-learn-americans-disabilities-act>
- Does My Body Not Deserve The Same Care You Give Yours? by Louise Bruton
<https://www.vogue.co.uk/article/wellness-accessibility-inclusivity>
- Wellness's Diversity and Accessibility Problem is Finally Being Upended by Siraad Dirshe
<https://fashionista.com/2018/12/health-wellness-industry-diversity-accessibility>
- How Disabled People Navigate the Wellbeing Industry
<https://www.saucemag.co.nz/culture/how-disabled-people-navigate-the-wellbeing-industry>
- Three Ways to Boost Neurodiverse Inclusion in the Legal Field
<https://hispanicexecutive.com/3-ways-to-boost-neurodiversity-in-law>
- Reimagining Lawyering: Supporting Well-Being and Liberation by Susan L. Brooks
https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4678279

Podcasts

- JDHD | A Podcast for Lawyers with ADHD
<https://thejdhd.com/jdhd-podcast/>

