



This is a list of the links from [5:2 Your Life](#) – simply click from your computer or tablet.

Please note that links do change frequently and though they are correct at the time of writing, I have no control over any changes or inaccuracies, the links are for information only.

### **5:2 Resources**

For information about 5:2, including the diet and the life plan, visit [www.the5-2dietbook.com](http://www.the5-2dietbook.com). We also now have a new group for this book, [www.facebook.com/groups/52YourLife](https://www.facebook.com/groups/52YourLife)

To calculate your TDEE, try

[www.fitnessfrog.com/calculators/tdee-calculator.html](http://www.fitnessfrog.com/calculators/tdee-calculator.html)

You can also download a clickable links list for all the links in this book via the website:

### **Week 1: Discover**

The [Regrets of the dying](#) list inspires me every time I read it.

This [Bucket List site](#) makes thinking about the future inspiring – read and share your ideas!

If you want to know more about [Goal setting](#), try this site, or there's information about [SWOT analysis](#): more focused on business and career than personal goals, but still useful if you are the methodical, analytical type.

If you're interested in the Worry O'clock idea, here is more [research about setting time aside to worry](#). While the [Pomodoro technique](#) and [The Pomodairo app](#) can both help you make the most of the time you have to be productive!

### **Week 2: Connect**

For information about the BBC's Making Slough Happy programme, take a look at this [news report](#), and if you want to try one of the simplest tasks, here's a link about [growing things including sprouting seeds](#)

For help with neighbourhood disputes or anti-social behaviour, [start here](#) – it's a UK government site, but has general advice too.

If you're concerned about abuse or violence in relationships, try the following sources of help:

[Abuse and relationship help UK](#)

[Abuse and relationship help New Zealand](#)

[Abuse and relationship help USA](#)

[Abuse and relationship help Canada](#)

[Abuse and relationship help Australia](#)

### **Week 3: Simplify**

More about [Nicola's shed experience](#) if you're interested in doing the same.

Managing debt and debt relief: click on your country for local resources:

[UK](#)

[New Zealand](#)

[USA](#)

[Canada](#)

[Australia](#)

### **Week 4: Move**

Read about [NEAT](#) and why it's so important – and try this link for [research on how being more active affects the brain](#).

## Week 5: Relax

The Headspace [Introductory Meditation](#) course is free for the first ten sessions, while the [meditation information and downloads](#) here are extensive.

## Week 6: Do

[The Amazings](#) and [People per Hour](#) are examples of new ways to share skills and earn. For career ideas and vacancies, try: [Gov.uk](#),

[Jobsite UK](#)

[My Career](#)

This site gives an insight into [mentoring resources internationally](#) while this one focuses on [volunteering](#)

### Apps mentioned in the book:

These aren't officially endorsed by us, but they have been recommended by members of our forum or Facebook group.

### Apps for Mood:

[Moodscope](#)

[Mood Panda](#)

### Apps for Money:

[Mint app](#)

[Manilla app](#)

### **Apps for Movement:**

[Myfitnesspal](#)

[Vital Signs](#)

[Zombies Run](#)

[Headspace](#)

### **General Interest Apps:**

[TED](#) – a site with inspiring talks about Technology, Entertainment, Design and so much more – has Android and Apple apps to help you widen your horizons wherever you are!

### Books:

The following books are ones I've enjoyed and found really useful:

[The Artist's Way: A Course in Discovering and Recovering Your Creative Self](#)

by Julia Cameron *An inspiring book with lots of practical tasks for being more creative in your everyday life. The tone isn't for everyone, though, so do try before you buy. [See Julia's own site too.](#)*

[Mindfulness for Dummies](#) by Shamash Alidina *I hate the title of this book, but don't judge it by its cover: the tone and explanations are clear and inspiring, with a great CD too. [Shamash's personal site](#) also offers a free 3-week mindfulness course by email.*

[The Mind Gym: Wake Up Your Mind](#) by the Mind Gym *The Mind Gym series of books combine research with interesting exercises to try. [Their site](#) gives a broader overview of what they're about, though it is sales-focused.*

My other two 5:2 books, [The 5:2 Diet Book](#) and [The Ultimate 5:2 Recipe Book](#) are also available as e-books and print versions.