



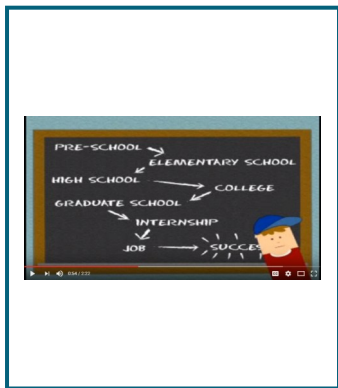
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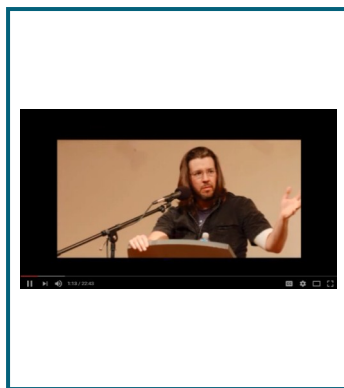
Recommended YouTube Therapy

Healing can come from a variety of places—not just the therapeutic setting. Although YouTube can often feel like falling into a rabbit hole, when used intentionally, it can be a source of helpful information and inspiration. These are a few of our favorites videos at MHS!



Music & Life: An Alan Watts Animation (2:22)

Philosopher Alan Watts reflects that "in music, one does not make the end of the composition, the point of the composition."



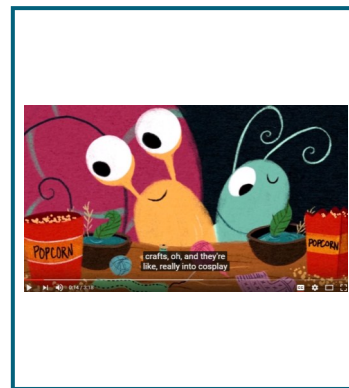
This is Water (22:43)

Commencement Speech to Kenyon College class of 2005 written by David Foster Wallace



How Bad Do You Want It? (14:48)

Eric Thomas (aka ET The Hip Hop Preacher) shares The Secrets to Success in a passionate and energetic speech to students at Michigan



Sometimes You're A Caterpillar (3:18)

Wanna learn more about privilege and how to understand it? Check out this great piece from Chescaleigh