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!

**Recommended YouTube Therapy**

- **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