

Title	Author(s)	Source Type
Become the Architect of Your Health, Happiness, and Purpose	Dr. Rangan Chatterjee (Know Thyself Podcast)	YouTube Video
Blue Zones: Lessons from the World's Longest-Lived	Buettner, D.	Review Article
Falling Upward: A Spirituality for the Two Halves of Life	Rohr, R.	Book
Gallup Global Well-Being Index	Clifton, J.; Harter, J. K.; Gallup Research Team	Survey Report
Harvard Study of Adult Development	Waldinger, R. J.; Schulz, E.; et al.	Longitudinal Study
Health and Retirement Study (HRS)	Juster, F. T.; Suzman, R.; University of Michigan	Longitudinal Panel Stud
How FOREST BATHING can change your life	Mindful Living Channel	YouTube Video
How to live to be 100+	Dan Buettner	YouTube Video
Ikigai: A Japanese Philosophy for Finding Purpose	TEDx Speaker (Ikigai Talk)	YouTube Video
Ikigai: The Japanese Secret to a Long and Happy Life	García, H.; Miralles, F.	Book
Mediterranean Diet & Healthy Aging 2024 Meta-analysis	Davis, S. C.; et al.	Meta-analysis
Purpose in Life and 8-Year Mortality (Health & Retirement Study)	Hill, P. L.; Turiano, N. A.; Mroczek, D. K.	Peer-Reviewed Study
Redirection: An Extension of Career During Retirement	Cook, S. L.	Journal Article
Self-Determination Theory and the Facilitation of Intrinsic Motivatio	Deci, E. L.; Ryan, R. M.	Journal Article
Social Relationships and Mortality Risk: A Meta-analytic Review	Holt-Lunstad, J.; Smith, T. B.; Layton, J. B.	Meta-analysis
The Art of Happiness	Dalai Lama; Cutler, H. C.	Book
The Book of Joy	Dalai Lama; Tutu, D.; Abrams, D.	Book
The Nature Fix: Why Nature Makes Us Happier, Healthier and More	Williams, F.	Book
The power of vulnerability	Brené Brown	YouTube Video
The Second Mountain: The Quest for a Moral Life	Brooks, D.	Book
The surprising science of happiness	Dan Gilbert	YouTube Video
Value(s): Building a Better World for All	Carney, M.	Book
What is Forest Bathing? The Science Behind Stress Relief	Science with Emily (YouTube Channel)	YouTube Video
What makes a good life? Lessons from the longest study on happine	Robert Waldinger	YouTube Video
World Happiness Report 2024	Helliwell, J. F.; Sachs, J.; Layard, R.; De Neve, J.	Global Report
A New Earth: Awakening to Your Life's Purpose	Tolle, E.	Book
Blue Zones Project Municipal Scorecards	Blue Zones Project Team	Program Evaluation / Sc
Business Insider – Gut Health Trend 2025	Raphael, R.	News Article
Canadian Community Health Survey (CCHS)	Statistics Canada	National Health Survey
Canadian Index of Wellbeing (CIW)	CIW Team, University of Waterloo	Composite Wellbeing In
Emily Esfahani Smith – There's More to Life Than Being Happy (TED	Smith, E. E.	TED Talk

Emma Marris – Nature Is Everywhere (TED Talk)	Marris, E.	TED Talk
Forest Bathing (Shinrin-yoku) Health Effects Review	Li, Q.; et al.	Review Article
Global Wellbeing Initiative (Gallup × Wellbeing for Planet Earth)	Gallup; Wellbeing for Planet Earth Foundation	Research Initiative / Data
Healthy Aging & Built Environment (PHAC Portal)	Public Health Agency of Canada	Government Portal / Knowledge
Last Child in the Woods	Louv, R.	Book
Let Your Life Speak: Listening for the Voice of Vocation	Palmer, P. J.	Book
Louie Schwartzberg – Nature. Beauty. Gratitude. (TED Talk)	Schwartzberg, L.	TED Talk
Man’s Search for Meaning	Frankl, V. E.	Book
Mission: JOY — Finding Happiness in Troubled Times (Documentary)	Psihooyos, L.; Callahan, P. (Directors)	Documentary
Natural vs. Synthetic Environments Meta-analysis (2010)	Bowler, D. E.; Buyung-Ali, L.; Knight, T. M.; Pullin	Meta-analysis
OECD Better Life Index	OECD Statistics Directorate	Interactive Index / Data
Park Prescriptions Movement (News)	Razani, N.; et al.	News / Practice Report
Pew Report – Religion, Happiness, Civic Engagement & Health	Connolly, C.; Lugo, L.; Pew Research Center Team	Global Report
Religion, Spirituality and Positive Ageing (Geriatrics)	MacKinlay, E.; Burns, P.	Peer-Reviewed Study
Rick Warren – A Life of Purpose (TED Talk)	Warren, R.	TED Talk
SMILES Trial – Dietary Improvement for Depression	Jacka, F. N.; O’Neil, A.; et al.	Randomized Controlled
Social Progress Index 2024	Social Progress Imperative	Global Index
Spending ≥2 hrs/wk in Nature & Well-being (2019 Study)	White, M. P.; Alcock, I.; et al.	Population Study
Teach every child about food	Jamie Oliver	YouTube Video
The Purpose Driven Life: What on Earth Am I Here For?	Warren, R.	Book
The Untethered Soul: The Journey Beyond Yourself	Singer, M. A.	Book
World Values Survey – Wave 7	World Values Survey Association	Global Attitudinal Survey