

Isolation Resources

- **The 10 Gifts You Will Get From Being In Social Isolation**
<https://deborahconnors.com/the-10-gifts-you-will-get-from-being-in-social-isolation/>
 - **Ready For A Laugh? Why Laughter Therapy Really Works!**
Dr. Keith Scott-Mumby; <https://alternative-doctor.com/happiness/norman-cousins-laughter-therapy/>
 - **Books:**
 1. **Norman Cousins:** Head First; The Biology of Hope and the Healing Power of the Human Spirit
 2. **Wayne Dwyer:** The Power of Intention
 3. **Eckert Tolle:** Stillness Speaks
 - **Rejuvenate Program - \$30.00**
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Quote:

“When you find yourself cocooned in isolation and cannot find your way out of the darkness, remember that this is similar to the place where caterpillars go to grow their wings.”

Below, two different images of the same quote

1. <https://i.pinimg.com/originals/ab/35/0e/ab350e6890077ff8c96989ded06abb02.jpg>
 2. https://cache.lovethispic.com/uploaded_images/306054-When-You-Find-Yourself-Cocooned-In-Isolation....jpg
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