

10 - 11:10P.M. · JUNE 15

# A different type of diet: How “cleansing” what we listen to can help us through our valleys and sustain our triumphs

---

PRESENTER

**Dr. Aura J.  
Cazares**



**ElevatED:**  
Ascend and Transform Your World

**ACE** American  
Council on  
Education™  
WOMEN'S NETWORK MICHIGAN

# Books, Podcasts, & Community



TODAY:

Reflect on the skills that are necessary and cannot be supplanted by AI such as perseverance and emotional intelligence and how does one gain such skills while undergoing challenges and experiencing life as a first-generation woman in higher education?

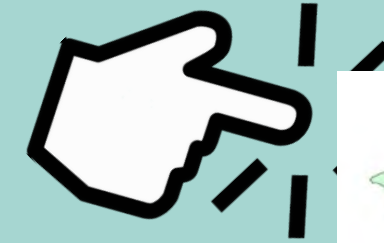
We will engage in reflecting and identify what we allow in our minds and the impact on the stages of our journeys (to sustain our triumphs and overcome tribulations).



# First, How are YOU?



<https://mical.michigan.gov/s>



Do you need someone to talk to?  
 Are you experiencing feelings of depression or anxiety?  
 Are you worried about a loved one's mental health?  
 Are you or someone you know struggling with an addiction or substance use disorder?

No matter what you're dealing with, there is no wrong reason to call.

**CALL OR TEXT  
988**

**Our crisis counselors are prepared to help you get the support you need.**  
 Free, confidential, and available 24/7.  
 Currently serving all Michiganders.



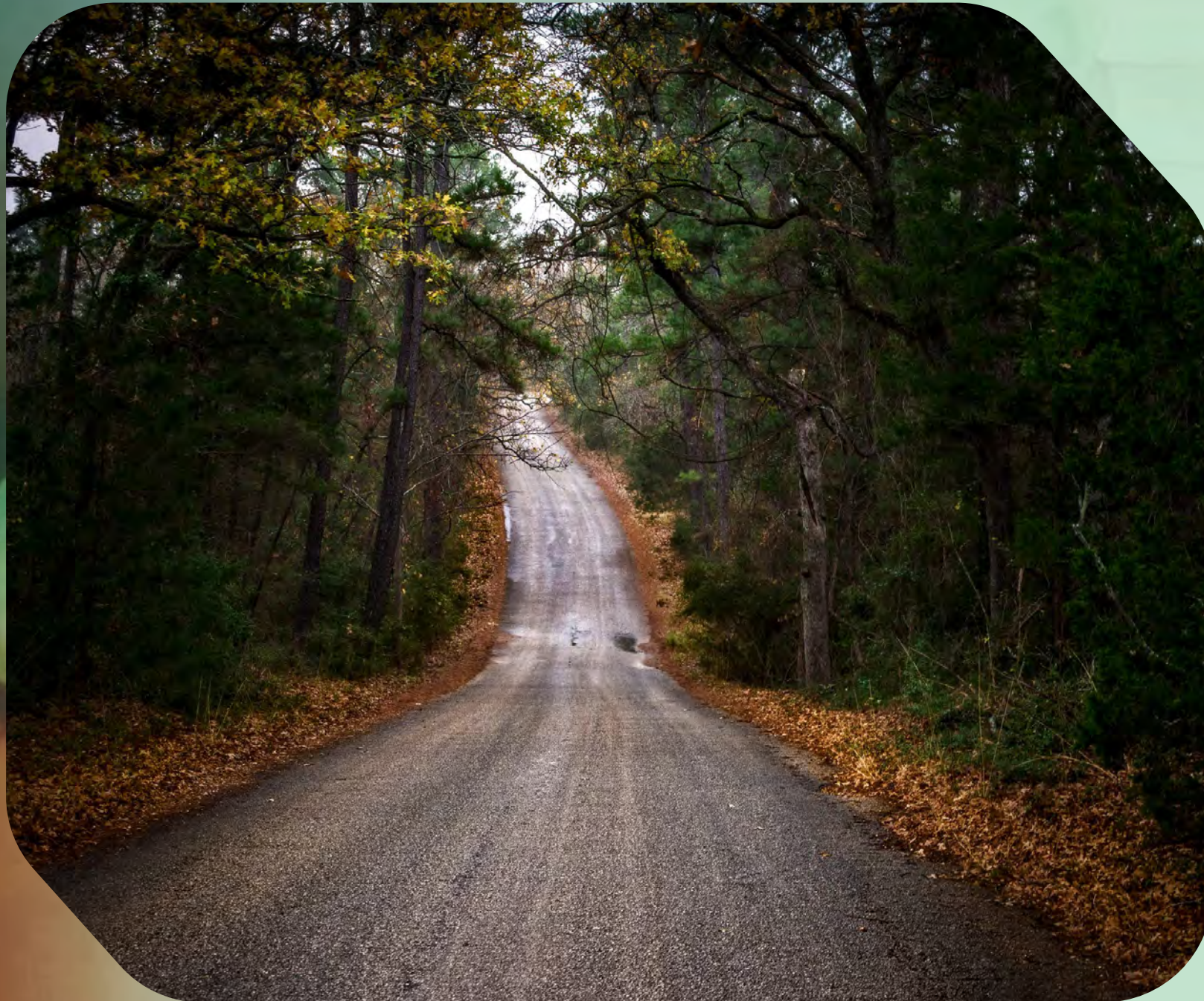
# Road Less Traveled

## Our Journey

Where do We Turn to When  
There Are Changes (Cliff)?

How do We Persevere  
(Fog)?

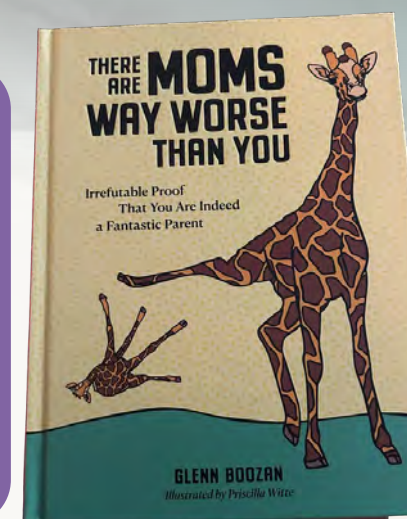
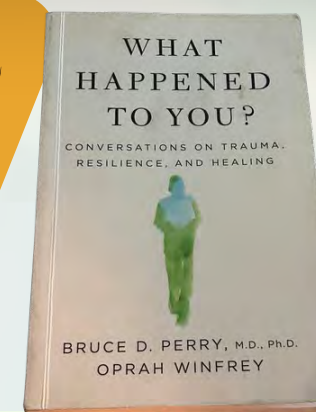
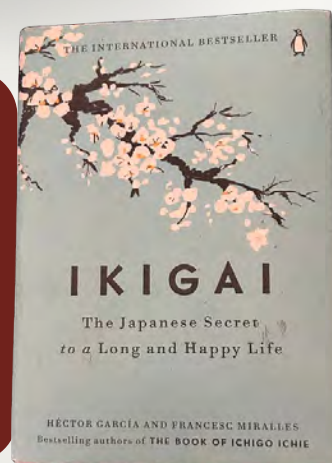
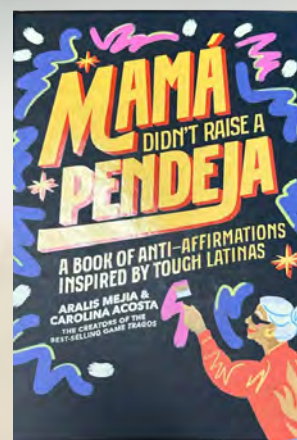
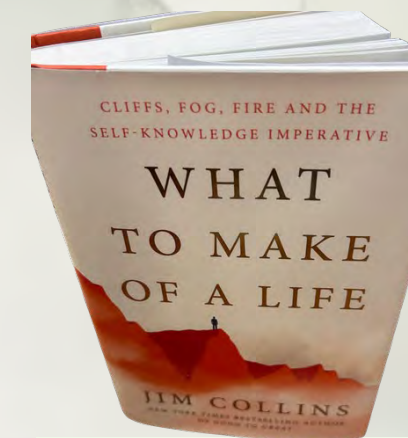
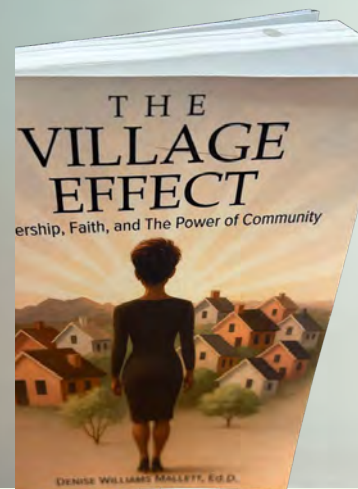
How do we Apply our Abilities  
(Instrument)?



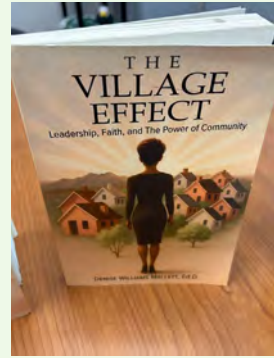
# Are we what we read?

## *Audible List*

- The Village Effect by Dr. Denise Williams Mallett
- What to Make of a Life Cliffs, Fog, Fire and the Self-Knowledge Imperative by Jim Collins
- Ikigai: The Japanese Secret to a Long and Happy Life by Francesc Miralles and Hector Garcia
- What Happened to You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey
- Man's Search for Meaning by Viktor E. Frankl
- There Are Moms Way Worse Than You: Irrefutable Proof That You Are Indeed a Fantastic Parent by Glenn Boozan
- Mamá Didn't Raise a Pendeja: A Book of Anti-Affirmations I
- by Carolina Acosta , Aralis Mejia

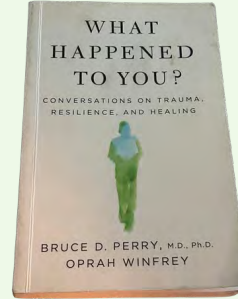


# Perennial...



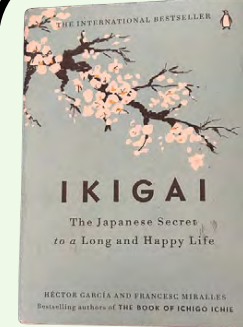
The Village Effect by Dr. Denise Williams Mallett

The Village Effect by Dr. Denise Williams Mallett provides a blue print of connecting leadership, faith, and highlights the experience of women of color in higher education.



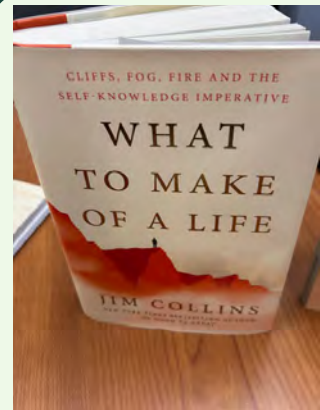
What Happened to You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey

Study of the way trauma shapes people and their behavior and presents the framework of supporting people through the lens of acceptance and curiosity rather than judgment.



Ikigai: The Japanese Secret to a Long and Happy Life by Francesc Miralles and Hector Garcia

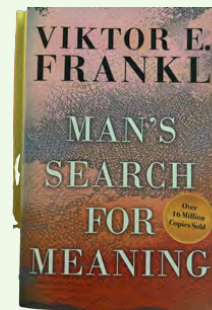
Framework based on Japanese concept of logivity and purpose by reflecting on the intersection of what you love, what you are good at, what the world needs, and what you can be paid for, leading to a sense of purpose.



What to Make of a Life Cliffs, Fog, Fire and the Self Knowledge Imperative by Jim Collins

Longitudinal research of how people move through life-changing events (cliffs), the uncertainty associated with overcoming challenges (fog), finding alignment between skills and purpose (fire within and self awareness of end coding).

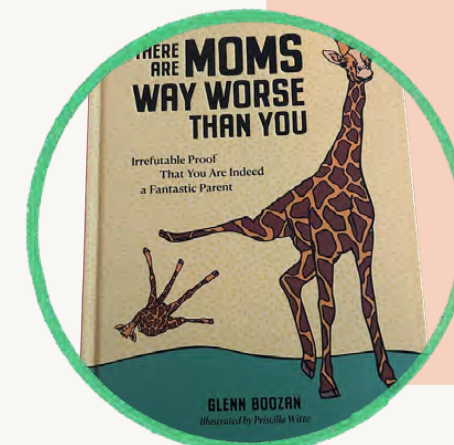
Man's Search for Meaning by Viktor E. Frankl



Frankl developed logotherapy after surviving the Holocaust with the importance of making meaning of experiences that impact our lives.

# Mom Guilt...

Mamá Didn't Raise a Pendeja: A Book of Anti-Affirmations I by Carolina Acosta, Aralis Mejia



There Are Moms Way Worse Than You: Irrefutable Proof That You Are Indeed a Fantastic Parent by Glenn Boozan



## My Playlist

### Additional Books:

- [The Anthropocene Reviewed: Essays on a Human-Centered Planet](#) by [John Green](#)
- [The Subtle Art of Not Giving a F\\*ck: A](#) by [Mark Manson](#)
- [The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About](#) by [Mel Robbin](#)
- [LatinoLand: A Portrait of America's Largest and Least Understood Minority](#) by [Marie Arana](#)
- [A Different Kind of Power: A Memoir](#) by [Jacinda Ardern](#)
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by [Bessel van der Kolk M.D.](#)
- [The Untethered Soul: The Journey Beyond Yourself](#) by [Michael A. Singer](#)
- [The How of Happiness: A New Approach to Getting the Life You Want](#) by [Sonja Lyubomirsky](#)

# Let's Practice

## CLIFFS

---

The Village Effect by  
Dr. Denise Williams Mallett

---

There Are Moms Way Worse Than You: Irrefutable Proof That You Are Indeed a Fantastic Parent by Glenn Boozan

---

Mamá Didn't Raise a Pendeja: A Book of Anti-Affirmations I by Carolina Acosta , Aralis Mejia

---

## FOG

---

Man's Search for Meaning by Viktor E. Frankl

---

Ikigai: The Japanese Secret to a Long and Happy Life by Francesc Miralles and Hector Garcia

---

## ALIGNMENT

---

What to Make of a Life Cliffs, Fog, Fire and the Self-Knowledge Imperative by Jim Collins

---

What Happened to You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey

---

---

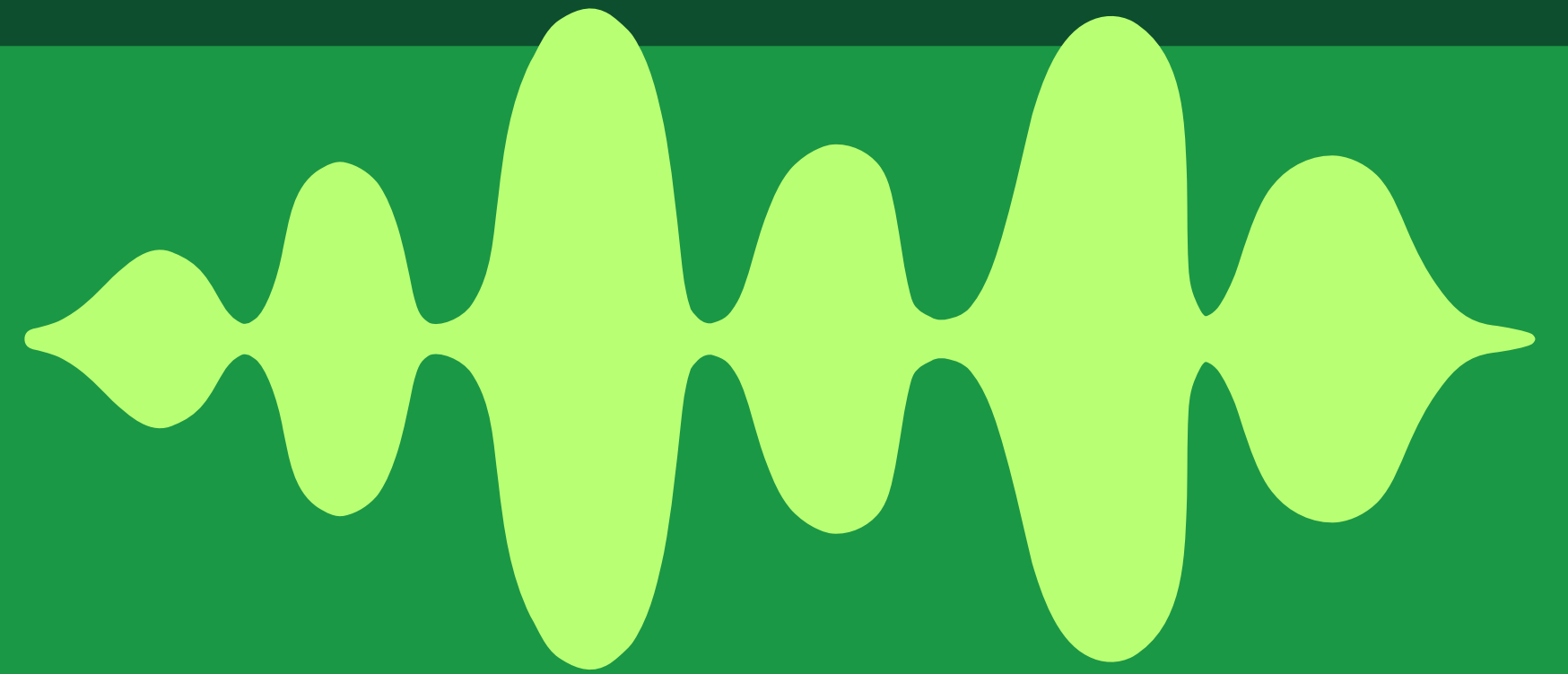
---

# Podcasts

Professional  
Selfawareness  
Cultural  
Fun



# Listening to Understand



## Cliffs, Fog, and Healing



## Alignment and Affirmations



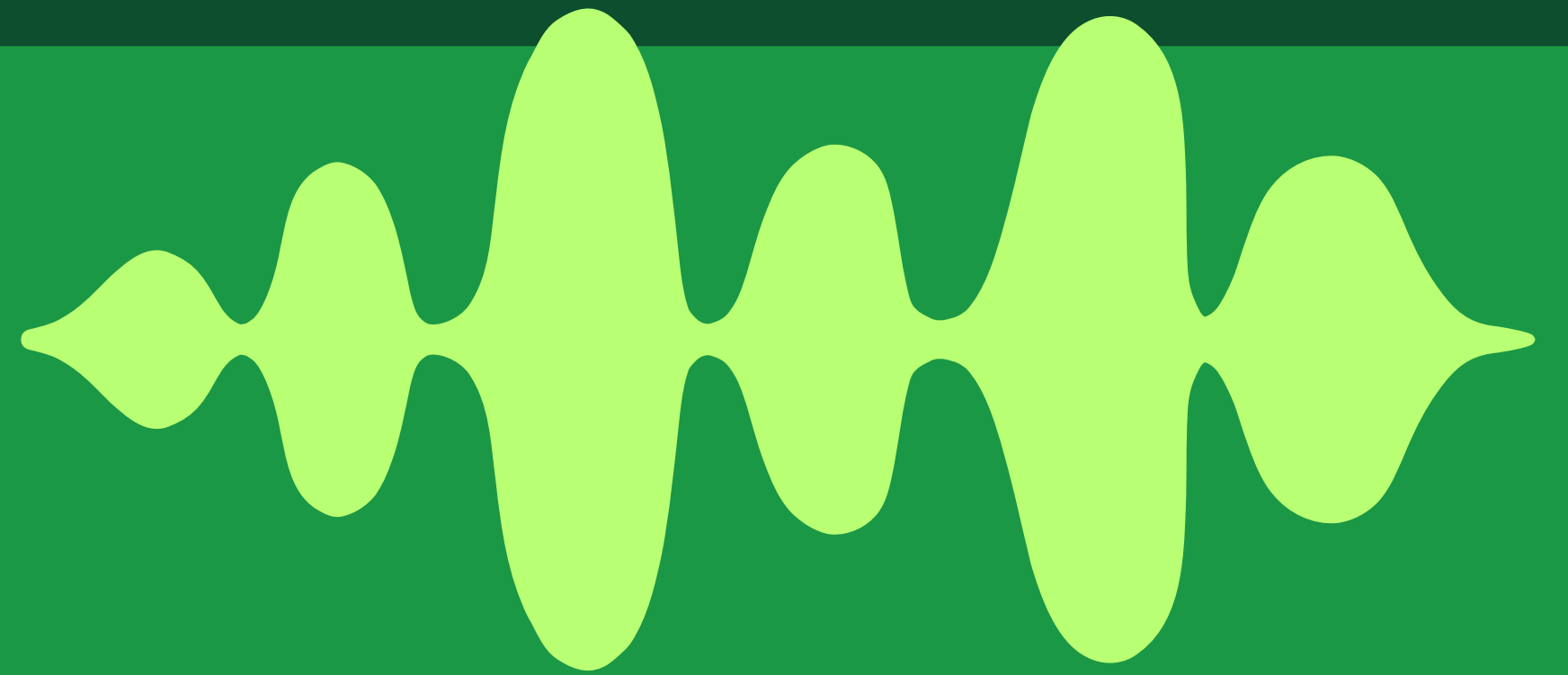
## Cliffs, Fog, Healing



## Community



Sharing is  
Caring



Cliffs

Fog

Alignment

Culture



## Community

# Think Fast!

If you could celebrate with anyone in the world a triumph, who would it be?



# Community & Giving Back



## Community Engagement - Professional Organizations

Passion and purpose align with supporting college access for first - generation students.

## Volunteering - Passion and Purpose

Volunteer in boards that support college access and women's rights.

## Support Others - Family and Friends

Spend time with mentors, family, friends, and NEW Friends!

Let's DO IT Together...



Tuning out the  
Noise





# Stay in Touch!



[linkedin.com/in/itsdrajc](https://www.linkedin.com/in/itsdrajc)



[acazare1@emich.edu](mailto:acazare1@emich.edu)