

# You Are Not A Frog

## CPD & Reflection Log



### Episode 11:

#### Podcast notes

In this episode, Rachel is joined once again by Dr Liz O’Riordan, the ‘Breast Surgeon with Breast Cancer’, TEDx speaker, author, blogger, triathlete and all round superstar who has been nominated for ‘Woman of the Year’. She is also an BMA Award-winning co-author of ‘The Complete Guide to Breast Cancer: How to feel empowered and take control’.

We chat about the many books in the F\*\*k it genre of books, particularly the ones by Liz’s favourite author Sarah Knight. We chat about how these books have been so helpful as they highlight how we all waste a whole load of time and energy caring what other people think of us and worrying about the wrong things, which in turn wastes emotional energy and doesn’t contribute to our happiness at all.

We discuss how to change your mindset so that you can let go of the things you really can’t control and chat about how once you’ve let go of your attachments to certain things, it becomes a lot easier to move through life lightly and with less stress.

\*Please note that as you can imagine, this episode contains some swearing.

#### Podcast links

<http://liz.oriordan.co.uk>

[https://twitter.com/Liz\\_ORiordan](https://twitter.com/Liz_ORiordan)

[The Complete Guide to Breast Cancer: How to feel empowered and take control](#)

[The Life-Changing Magic of Not Giving a F\\*\\*k, Sarah Knight](#)

[Calm the F\\*\\*k Down, Sarah Knight](#)

[F\\*\\*k It: The Ultimate Spiritual Way, John C. Parkin](#)

[Sign up for downloadable CPD reflection forms plus more tools and resources](#)

For more episodes of You are not a frog, check out our website [www.youarenotafrog.co.uk](http://www.youarenotafrog.co.uk) and [sign up to our mailing list](#) here for loads of useful resources about thriving at work.

Follow Rachel on twitter [@DrRachelMorris](#) or [LinkedIn](#) and find out more about her online and face to face courses for doctors on surviving and thriving at work at [www.shapesfordoctors.com](http://www.shapesfordoctors.com) or for other organisations at [www.shapetoolkit.com](http://www.shapetoolkit.com)

What three key things have you learned from listening to this podcast?

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Is there anything you can use from this podcasts that will help you to help others?

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What are you going to do now?

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How will you know if this has made a difference?

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CPD time claimed:

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