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SHOW REFERENCES:

[**UN Sustainable Development Goals**](https://sdgs.un.org/goals) – the seventeen biggest problems the world has.

[**Change Your Story**](https://bit.ly/Buy-Change-Your-Story-Here) **–** my new research backed book on career change available as an e-book and paperback.

[**https://kepner-tregoe.com/gbr**](https://kepner-tregoe.com/gbr) - Kepner-Trego rational thinking methodology for solving problems.

[**The X Files**](https://amzn.to/4aGYAlR) – popular 11 season series in which FBI Special Agents Scully and Mulder marginalized, unsolved cases involving paranormal phenomena, known as the X Files.

[**Thinking, fast and slow’**](https://amzn.to/4apA09c) – the best seller written by Daniel Kahneman.

[**Blink**](https://amzn.to/3vOfYpO) – the power of thinking without thinking – bestseller by Malcolm Gladwell

[**“Feet in the Clouds: A tale of fell-running and obsession”**](https://amzn.to/43Q5MtN) – the classic running book by Robert Askwith which has defined a genre and focussed on the sport of fell-running.

[**Bob Graham Round**](http://bobgrahamclub.org.uk/) – the ultra-running challenge based in the English Lake District

[**The Paddy Buckly Round**](https://fellrunningguide.co.uk/paddy-buckley-round/) – a 61 mile run across 47 peaks in North Wales ascending around 28,000ft.

[**Jasmine Paris**](https://www.theguardian.com/sport/2024/mar/25/jasmin-paris-interview-barkley-marathons-ultramarathon-history) – the first ultra-marathon woman to complete the Berkeley marathons

[**Damian Hall**](https://www.ultradamo.com/) – ultrarunner, coach and writer

[**The Munroes**](https://www.visitscotland.com/things-to-do/outdoor-activities/walking/mountains-hills/munro-bagging) – hills in Scotland

[**The Hewitts**](https://www.mudandroutes.com/hill_list/hewitt-hills/) – hills in Wales and England

[**Aberystywth University Computer Science Department**](https://www.aber.ac.uk/en/cs/) – one of the UK’s highest rated departments.

[**BCS (British Computer Society)**](https://www.bcs.org/) **–** the chartered body for Information Technology

[**TEDx Aberystwyth**](https://tedxaberystwyth.com/)**:** <https://tedxaberystwyth.com/>

[**Och**](https://o-c-h.bandcamp.com/track/stora-r-k) – Swedish prog rock bank