



SEBENE SELASSIE RESEARCH GUIDE

Primary Sources

[An Interview with Sebene Selassie](#)

Sebene Selassie & Rachel Hiles
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New York
2013

[HOW TO BELONG \(IT'S NOT WHAT YOU THINK\) | SEBENE SELASSIE](#)

Jonathan Fields & Sebene Selassie
Good Life Project
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[You Belong: A Call for Connection](#)

Sebene Selassie
HarperCollins Publishers
New York City, New York
2020

Secondary Sources

[Sebene Selassie](#)

Omega Institute for Holistic Studies
Rhinebeck, NY
2024

[#30: Sebene Selassie](#)

Ten Percent Happier
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Digital Media

5-minute Meditation: Connecting to the Earth Element with Sebene Selassie

Tricycle
New York
YouTube
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Self-compassion for Challenging Times with Sebene

Fitbit
San Francisco, California
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