

# Turn downtime into Uptime



Optum® Self-learning by Uptime is a micro-learning app that extracts life lessons from some of the most popular books, courses, documentaries and podcasts and packs them into 5-minute knowledge hacks you can consume on the go.



Learn from world experts, like Stephen Hawking, Sheryl Sandberg and Simon Sinek.



Preview titles you've heard about, like *10% Happier*, *You're Not Alone*, *The Book You Wished Your Parents Had Read (and Your Children Will Be Glad You Did)*.



Accelerate your emotional wellbeing and personal growth and improve your physical, social and financial wellbeing.



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**4,300+ knowledge hacks across 18 topics, including:**

### Personal growth

- The Foundations of Happiness at Work
- Work Smarter: Live Better
- Public Speaking
- High Performance: Lessons from the Best on Becoming Your Best

### Mind & Philosophy

- The Expectation Effect
- The Art of Resilience
- The Mindful Day

### Health & Fitness

- Positive Discipline
- Sustainable Food Systems
- The Science of Exercise

### Money & Investing

- The Psychology of Money
- The Money Diet
- Guide to Investment Strategy

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