

Resources

Why I Chose Them for YOU!

Bolte Taylor, Jill Ph.D (2006). *My Stroke of Insight*. New York, NY: Viking

This book provides an excellent chapter on our brain and how it works within us. Dr. Bolte Taylor's description of the chatter in our heads helps us understanding ourselves. Her story is moving and informative!

Doty, James R. M.D. (2016). *Into the Magic Shop*. New York, NY: Avery

Dr. Doty is a neurosurgeon. His story is riveting and at the same time teaches us about ourselves and how to systematically calm and focus. One of the few reads I read cover to cover!

Hattie, John & Clarke, Shirley (2019). *Visible Learning Feedback*. New York, NY: Routledge

Hattie and Clarke teach us among other things to Know Thyself and help us understand our impact. We are constantly providing feedback to others so a more clear understanding is helpful in all our work!

Sinek, Simon (2019). *The Infinite Game*. New York, NY: Penguin

I am just into this new arrival and find his discussions of 'the game' helpful in putting multiple situations into perspective.

Stone, Douglas & Heen, Sheila (2014). *Thanks for the Feedback*. New York, NY: Penguin

Stone and Heen with Bruce Patton are authors of *Difficult Conversations How to Understand What Matters Most* c. 1999. In this recent publication Douglas & Heen address triggers in-depth and provide concrete suggestions to help us manage because, as they say, sometimes "frankly you are not in the mood"!