Resources
Why I Chose Them for YOU!


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!


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


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


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”!