READING LIST

The Brain and The Mind

**Brainstorm: The Power and Purpose of the Teenage Brain by Daniel Siegel**  Seigel is a neuroscientist at UCLA and he the founder of Interpersonal Neurobiology. This is a great read for parents and teachers.

**Descartes' Error: Emotion, Reason, and the Human Brain by Antonio Damasio** Damasio, a professor of neuroscience at USC, argues that emotion and cognition are inseparable and each is equally necessary to human flourishing.

**Emotions, Learning, and the Brain: Exploring the Educational Implications of Affective Neuroscience by Mary Helen Immordino-Yang** This is a really compelling look at how emotions affect learning from a neuroscientist who has worked closely with teachers for a long time. The author is a rockstar!

**Handbook of Self-regulation: Research, Theory, and Applications by Kathleen Vohs & Richard Baumeister** This one is dense and filled with research. Not a light read, but really fascinating information.

**IGen: Why Today's Super-connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and what that Means for the Rest of Us by Jean Twenge.** This is based on seventy-five years of research showing how we are becoming more and more focused on what is outside our control.

**Incognito: The Secret Lives of the Brain by David Eagleman** This awesome book cites research to show how much of the workings of the brain fall completely outside our awareness. If you are interested in the brain in everyday life, this is a must read. Eagleman is one the great thinkers of our time. He directs the Laboratory for Perception and Action at the Baylor College of Medicine.

**Mindset: The New Psychology of Success by Carol S. Dweck** If we think that effort and effective strategies lead to achievement (growth mindset), this has profound positive impact upon our success. By contrast, believing that we either have intelligence or we don’t (fixed mindset) can have a significant negative impact. Dweck, is a researcher and professor of psychology at Stanford.

**Mindsight: The New Science of Personal Transformation by Daniel J. Siegel** This is a great book for counselors and individuals interested in the impact of relationships and mindfulness upon the brain. Dr. Siegel is a professor of psychiatry at the UCLA School of Medicine where he co-directs the Mindful Awareness Research Center. His writing is based upon research and his own practice.

**On Being Certain: Believing You Are Right Even When You're Not by Robert Burton** Certainty is a felt experience; the brain does not require factual evidence of any kind in order for us to feel certain of something. Burton is the Associate Chief of the Department of Neurosciences at UCSF Hospital.

**Phantoms in the brain: Probing the Mysteries of the Human Mind by V.S. Ramachandran** This book by one of the world’s most interesting neuroscientists. The stories are really compelling.

**Self-determination theory: Basic Psychological Needs in Motivation, Development, and Wellness by Richard Ryan and Ed Deci** Self-determination theory is based on the human need for autonomy, connection, and competence. It is a powerful model for thinking about teaching and the classroom.
The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science by Norman Doidge  What an amazing book about the ways that the brain can rewire itself based upon experience and practice. A must read for the brain fan! Doidge is on the faculty at the University of Toronto’s Department of Psychiatry.

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are by Daniel Siegel  The focus of this book is the idea of “attunement.” Brains are designed to connect with others, and there are significant implications for healthy and unhealthy relationships – especially for children.

The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live—and How You Can Change Them by Richard J. Davidson  A brilliant and accessible brain-based case for the importance of emotional style and the practices to cultivate healthy emotions. Davidson is a professor of Psychology and Psychiatry at the Laboratory for Affective Neuroscience, the Waisman Laboratory for Brain Imaging & Behavior, and the Center for Investigating Healthy Minds at the University of Wisconsin.

The Hacking of the American Mind: the Science Behind the Corporate Takeover of Our Bodies and Brains by Richard Lustig  The science is very good and his argument is provocative. I am not sure I buy into his conspiracy theory completely, but he does raise some challenging points.

The Invisible Gorilla: How Our Intuitions Deceive Us by Christopher Chabris & Daniel Simons  A great look at all the things we don’t see and why. It is hard to read this book and believe that you are really seeing all that there is to see. Chabris is a professor of psychology and neurology and a visiting scholar at the MIT Center for Collective Intelligence. Simons is a experimental psychologist and cognitive scientist at the University of Illinois.

The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe by Stephen Porges  Polyvagal theory is about the neural and emotional connection between the body and the mind. It is a powerful theory that explains a lot about wellbeing and emotional regulation.

The Tell-Tale Brain: A Neuroscientist's Quest for What Makes us Human. by V.S. Ramachandran  The title says it all. Ramachadran is a great scientist with a great desire to understand our humanity.

Thinking Fast and Slow by Daniel Kahneman  There are two systems of thinking - one is fast and one is slow. This is a large, dense, and brilliant book. Kahneman is a professor emeritus of psychology and public affairs at Princeton University. He received the Nobel Prize in Economics in 2002.

Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves by Sharon Begley  A great summary of the research related to mental training such as meditation and the effect it has upon the structure and function of the brain. Begley has been a science writer and editor for Reuters, Wall Street Journal, and Newsweek.

Why We Do What We Do: The Dynamics of Personal Autonomy by Ed Deci  If you want to understand the science behind the power of intrinsic motivation and the danger of praise, rewards, and punishment, this is the book for you.

Why Zebras Don’t Get Ulcers by Robert Sapolsky  A great exploration of the physiology of stress. Sapolsky is a professor of biology and neurology at Stanford who does most of his research on baboons in Kenya. He is also a great writer and speaker. If you like biology and are interested in the science of stress, this is a must.
Practice and Training

**Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success by Mathew Syed** Syed looks at the elements that lead to high performance, mostly from the standpoint of athletics. He is a columnist for the London Times and is informed by his own experience at the #1 rated table tennis player in Britain.

**Peak: Secrets From the New Science of Expertise by Anders Ericsson** Not all practice is created equal. This is from the father of research on the value of deliberate practice. Good science and an easy read.

**Redirect: The Surprising New Science of Psychological Change by Timothy Wilson** This book lays out the research about which interventions are effective and which are ineffective when it comes to changing behavior. Wilson is the professor of psychology at the University of Virginia and a researcher of self-knowledge and affective forecasting.

**Talent Is Overrated: What Really Separates World-Class Performers from Everybody Else by Geoffrey Colvin** A look at the research related to optimal performance and skill acquisition. Colvin is an editor and columnist for FORTUNE magazine.

**The Genius in All of Us: Why Everything You've Been Told About Genetics, Talent, and IQ Is Wrong by David Shenk** An argument against the common wisdom that genetics are the final, or even most important, word when it comes to intelligence and a host of “gifts.” Shenk is a correspondent for TheAtlantic.com, and has contributed to National Geographic, Slate, The New York Times, Gourmet, Harper's, The New Yorker, NPR, and PBS.

**The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg** A close look at the ways that habits form and how they can be changed. The first section is particularly useful. Duhigg is a staff writer at the New York Times.

**The Talent Code: Greatness Isn't Born. It's Grown. Here's How by Daniel Coyle** Talent takes practice - a lot of practice. Coyle is a contributing editor for Outside magazine.

**The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do To Get More of It by Kelly McGonigal** We are actually wired to use willpower, but we often derail ourselves. McGonigal is a health psychologist and lecturer at Stanford University.
**Emotions**

*Curious?: Discover the Missing Ingredient to a Fulfilling Life by Todd Kashdan* Curiosity is important to overall wellbeing. There are ways that we can cultivate curiosity. Todd Kashdan is a researcher and professor of psychology at George Mason University.

*Flourish: A Visionary New Understanding of Happiness and Well-being by Martin Seligman* This book addresses the current research related to the qualities and practices that lead to a truly wonderful life. A professor of psychology at University of Pennsylvania, Seligman is considered to be the father of positive psychology.

*Positivity by Barbara Fredrickson* Based on her “broaden and build” theory of positive emotions, Fredrickson shows how important certain emotional states can be to overall wellbeing. She also shares research about effective practices for cultivating these emotional states. Fredrickson is a professor of psychology and Principal Investigator of the Positive Emotions and Psychophysiology Lab at the University of North Carolina.

*Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind by Kristin Neff* Self-compassion is more of a predictor of resilience and success than is self-esteem. Neff provides research and practices to support the cultivation of self-compassion. Neff is a professor in the Human Development and Culture Educational Psychology Department at the University of Texas at Austin.

*Thanks for the Feedback: The Science and Art of Receiving Feedback Well by Sheila Heen & Doug Stone* This book addresses the current research related to the qualities and practices that lead to a truly wonderful life. A professor of psychology at University of Pennsylvania, Seligman is considered to be the father of positive psychology.

*Thanks!: How the New Science of Gratitude Can Make You Happier by Robert A. Emmons* This books looks at the considerable research that supports gratitude as one of the healthiest states to cultivate. Emmons is a researcher and professor in psychology at UC Davis.

*The Happiness Trap: A Guide to ACT: The Mindfulness-based Program for Reducing Stress, Overcoming Fear, & Creating a Rich and Meaningful Life by Russ Harris & Steven Hayes* ACT is acceptance and commitment therapy. When we can accept that happiness is not the “normal” state, then we can begin to work peacefully with just about anything. Harris is a doctor and trainer in ACT. Hayes is a professor of psychology at the University of Nevada.

*The How of Happiness: A New Approach to Getting the Life You Want by Sonja Lyubomirsky* While genetics and environment certainly have an effect, our happiness is largely a function of what we do in life. Lyubomirsky is a professor of psychology at the University of California, Riverside.

*The Joy of Living: Unlocking the Secret and Science of Happiness by Rinpoche Yongey Mingyur* Written by the “happiest man in the world,” this is a great account of the way that mental training can improve quality of life. Rinpoche Yongey Mingyur is a Tibetan Buddhist teacher who has worked with western scientists to look at the effect of meditation upon the brain.
Mindfulness

**Fully Present: The Science, Art, and Practice of Mindfulness by Diana Winston and Susan Smalley**
This is an accessible introduction to the science and practice of mindfulness meditation. Both of these authors teach and do research at the UCLA Mindful Awareness Research Center.

**Handbook of mindfulness: Theory, research, and practice by Kirk Brown & Richard Ryan**
This is a more scholarly text -- very responsible to the science, but still readable.

**Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life by Jon Kabat-Zinn**
A book written beautifully and simply about the practice of being present. Kabat-Zinn is a molecular geneticist turned meditation teacher who pioneered the first mindfulness based stress reduction course.

**Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom by Patricia Jennings**
Written by a teacher and researcher for teachers – this is a good resource.

**Sitting still like a frog: Mindfulness exercises for kids (and their parents) by Eline Snel**
Perfect for younger kids. Lots of good exercises.

**The Mindful Education Workbook: Lessons for teaching mindfulness to students by David Rechtschaffen**
This is a structured curriculum of classroom-ready lessons, practices, and worksheets.