

Some of Anne's favorite books, articles and podcasts

Three all-time favorites:

1. The Soul of Money: Transforming Your Relationship with Money and Life, by Lynne Twist.

- An amazing book. It talks about how so many of our life's decisions (what we eat, where we live, schools we attend, how we spend our free time, etc.) are influenced by money.
- Society equates self-worth with net-worth. It equates HAVING more with BEING more. Society tells us more is better, where the book suggests that "better" is when we fully appreciate all that we already have.
- When we use money to support our deepest values, then our true wealth expands. The money that we earn, spend and give away should go towards supporting our deepest values, which in turn creates the world we want.
- Society tell us that there is a "scarcity" mentality -- it's a "you against me", "us against them", world. The books suggests a "sufficiency" approach -- it's a you AND me, us AND them world, based on trust and cooperation.

2. The Corporate Mystic: A Guidebook for Visionaries with Their Feet on the Ground, by Gay Hendricks and Kate Ludeman

Quotes below are from the book

- "If you will open up to being a source of integrity, vision and intuition in your organization, you step into leadership, regardless of the niche you occupy."
- "Every single mystic we interviewed said the same thing: The first secret to success in business is today only things that are true, and to say them with total consistency. People cannot relax and produce at their finest in an atmosphere of distortion and concealment."
- "The mystic knows the difference between control and influence. While you cannot control other people, the past or the future, you can certainly influence them. Control comes out of fear; influence is exercised consciously with a goal and a plan."

3. Kitchen Table Wisdom: Stories that Heal, by Rachel Naomi Remen

- Short stories which "guide us like a life compass, showing us what's good and lasting about ourselves as well as humanity."

BALANCE AND PEACE

The Value of Play in our Lives

Stuart Brown, a physician and director of the National Institute for Play, says that pleasurable, purposeless activity prevents violence and promotes trust, empathy, and adaptability to life's complication. He promotes cutting-edge science on human play and draws on a rich universe of study of intelligent social animals.

Stress and the Balance Within

The American experience of stress has spawned a multi-billion-dollar self-help industry. Wary of this, Esther Sternberg says that, until recently, modern science did not have the tools or the inclination to take emotional stress seriously. She shares fascinating new scientific insight into the molecular level of the mind-body connection.

Stress and our Bodies

The body has a system for getting out of trouble. Back when trouble meant being chased by a tiger, that system gave us a real survival edge. But these days, "trouble" is more likely to mean waiting in traffic... and "the system" is more likely to make us sick. Stanford University neurologist Dr. Robert Sapolsky takes us through what happens on our insides when we stand in the wrong line at the supermarket and offers a few coping strategies: gnawing on wood, beating the crap out of somebody, and having friends.

My Stroke of Insight: A Brain Scientist's Personal Journey, by Jill Bolte Taylor, Ph. D.
(Podcast and podcast description from *Fresh Air, WHYY*)

Neurological researcher Jill Bolte Taylor suffered a stroke 12 years ago. While a stroke is often devastating and sometimes fatal, Taylor was able to make a complete recovery after becoming her own experimental subject. Her book, *My Stroke of Insight: A Brain Scientist's Personal Journey*, recounts her experience. Taylor is a Harvard-trained neuroanatomist. She was named one of *Time* magazine's 100 Most Influential People in the World in 2008.

<http://www.npr.org/templates/story/story.php?storyId=91861432>

A video of one of Jill's lectures on her experience http://www.ted.com/index.php/talks/jill_bolte_taylor_s_powerful_stroke_of_insight.html

What Now?, by Ann Patchett

(Summary review from Amazon.com Review):

Based on her lauded commencement address at Sarah Lawrence College, this essay by bestselling author Ann Patchett offers hope and inspiration for anyone at a crossroads, whether graduating, changing careers, or transitioning from one life stage to another. With wit and candor, Patchett tells her own story of attending college, graduating, and struggling with the inevitable question, What now?

Preventing Burnout: Signs, Symptoms, Causes and Coping Strategies [LINK](#)

Making Peace with Death

I was a volunteer care-giver at an AIDS hospice for 5 years. I found this podcast to be a wonderful tool to help me remember that death is not a failure, it's a part of life. [Link to podcast](#)

CONFLICT RESOLUTION AND COMMUNICATION SKILLS

The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice, by Kay Lindal

Quotes below are from the book

- "We must learn to listen if there is to be peace in the world."
- "Learning how to listen and speak with each other are essential skills for creating relationships that lead to mutual respect, dialogue, understanding and peace."
- "Listening takes time, skill and a readiness to slow down, to let go of expectations, judgment, boredom, self-assertiveness, defensiveness."
- "Listen for what connects us, while appreciating that which differentiates us."
- "Practitioners of dialogue have discovered 3 vital practices of listening to understand: 1. The more we understand about one another, the less we fear. 2. The less we fear, the more we trust. 3. The more we trust, the more our hearts open to love."

Getting to Yes, by Roger Fisher and William Ury

Quotes below are from the book

- "Be hard on the problem, soft on the people. Attach the problem without blaming the people. Go even further and be personally supportive: listen to them with respect, show them courtesy, express your appreciation for their time and effort, emphasize your concern with meeting their basic needs, etc. Show them that you are attacking the *problem*, not them."

- “Speak for yourself, not about them. It is more persuasive to describe a problem in terms of its impact on you than in terms of what they did or why. ‘I feel let down’ instead of ‘You broke your word.’ You convey the same information without provoking a defensive reaction.”

Difficult Conversations, by Douglas Stone, Bruce Patton and Sheila Heen

- This book gives you a hands-on approach for how to have those difficult conversations.

Resolving Conflicts at Work: A Complete Guide for Everyone on the Job, by Kenneth Cloke and Joan Goldsmith

Fierce Conversations: Achieving Success at Work and in Life, One Conversation at a Time, by Susan Scott

The Zen of Listening: Mindful Communication in the Age of Distraction, by Rebecca Z. Shafir, M.A. CCC

Crucial Conversations: Tools for Talking When Stakes are High, by Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler

GENERAL MANAGEMENT

(Time management, managing groups, leading organizations, etc.)

The Speed of Trust: One Thing that Changes Everything, by Stephen M. R. Covey with Rebecca R. Merrill

50 Ways to Teach Your Learner, by Ed Rose ■ A great book filled with hands on team building, experiential learning exercises

Multitasking in the Car: Just Like Druken Driving (podcast)

"If you're driving while cell-phoning, then your performance is going to be as poor as if you were legally drunk." says David Meyer, as psychology professor at the University of Michigan.

<http://www.npr.org/templates/story/story.php?storyId=95702512>

Think You're Multitasking? Think Again. (podcast)

New research shows that we humans aren't as good as we think we are at doing several things at once. But it also highlights a human skill that gave us an evolutionary edge. As technology allows people to do more tasks at the same time, the myth that we can multitask has never been stronger. But researchers say it's still a myth -- and they have the data to prove it.

<http://www.npr.org/templates/story/story.php?storyId=95256794>

How Much Football Can Sports Fans Handle? (podcast)

On Sundays, many sports fans accomplish a multitasking feat: They watch seven or eight games at a time on multiple TV screens. Multitasking expert Greg Trafton and Andrea Seabrook discuss how much fans' minds can handle.

<http://www.npr.org/templates/story/story.php?storyId=97925728>

The Five Dysfunctions of a Team, by Patrick Lencione.

An easy to read story that talks about the 5 necessary components of a strong team. The 5 healthy aspects are:

- 1.) Trust: Willingness to be vulnerable, to be genuinely open, to make and admit mistakes.
- 2.) Conflict: Teams need healthy conflict to talk about ideas and to move forward.
- 3.) Commitment: Once people have been heard and concerns addressed, commitment to decisions and plans is more likely. Commitment does not always equal agreement.
- 4.) Accountability: When there is trust and commitment to plans, members hold each other accountable for delivering those plans.
- 5.) Results: With trust and buy-in, the focus is on achieving the collective results (not ego, career advancement, etc.)

Making Work Work, by Julie Morgenstern

Quotes below are from the book

- “Once thought to increase productivity, multitasking has since been discovered to do the exact opposite. By training yourself to concentrate on one task at a time, you get more done, in less time, and the quality of work will increase.
- “Mastering your work-life balance improves your workplace performance by boosting your energy, increasing mental acuity, fueling your creativity, giving you perspective and patience.”