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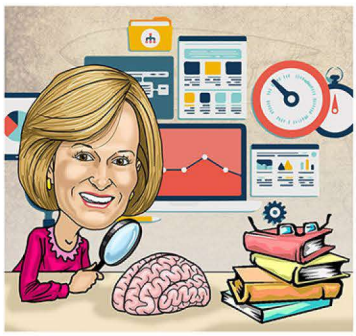
2 Getting to Know OUR MINDS Better

2D LESSON
Helpful Resources to Explore

Each lesson in this program, with exception to the first group, includes lists for outside resources to explore. This lesson is the first to list resources for enhancing your understanding at this stage of our program.

2D



"The recipe for perpetual ignorance: Be satisfied with your opinions and content with your knowledge". — Elbert Hubbard, American founder of the Roycroft Arts and Crafts community, philosopher, lecturer, critic, publisher, novelist, essayist, and biographer. (1856 – 1915)

PLEASE NOTE: We recommend returning to this lesson to explore these resources after reading the lessons and performing the activities. If you need to order the books suggested, you may want to do so as early as possible.

BOOKS

Emotional Intelligence, Why It Can Matter More Than IQ
Author Daniel Goleman.
10th Anniversary edition or 1995 edition This book introduces the concept of emotional intelligence and its benefits.

Darwin Awards
Author Wendy Northcutt, any edition
This book provides numerous examples of ways people die because of their lack of sensibility.

Self-Deception
Author Herbert Fingarette, 2000 edition
This book discusses how to question the merits of our thoughts and the ways we go about expressing ourselves, making us better equipped to recognize such deception

INTERNET LINKS

If you haven't already done so, search "emotional intelligence" on the Internet. If you don't have a computer, consider accessing the web-sites at your local library's computer or have a friend print out pertinent information from interesting web-sites. Specific sites we recommend you check closely at this stage of learning are:

ihhp.com	Institute for Health and Human Potential
selfgrowth.com	Self-growth network
ted.com/search?q=daniel+goleman	Presentations by Daniel Goleman

MOVIE

This Emotional Life 2010
This documentary explains several interesting developments in the field of psychology. May be available for viewing on PBS, YouTube, and Netflix

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