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3 How RESEARCH Improves Understanding

3D LESSON
Helpful Resources to Explore

At this stage of our program, you will find the particular resources listed to be of great benefit to explore. They are an interesting combination of books, web-sites, and movies that will add significant meaning to this Lesson 3 group.

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"Most people have no idea of the giant capacity we can immediately command when we Jocus all of our resources on mastering a single area of our lives." -

Tony Robbins, American authority on the psychology of leadership. (1960 -)

PLEASE NOTE: If you are following our suggested reading schedule, this is the point where you go back to the beginning, read through Lesson groups 1,2,3 again and perform each lesson's activities and quizzes. If you need to order a book or movie suggested, you may want to do so after your first read.

BOOK

The Sociopath Next Door
Author, Martha Stout

This book reveals a too common emotional problem. The author points out how to recognize sociopathic behavior and deal with anyone who has symptoms. If the local library doesn't have this book, it is a great one to suggest they purchase. The book can also be purchased at amazon.com for a minimal cost .

INTERNET LINKS

If you haven't already done so, search emotional literacy with your favorite web browser to explore a number of the web-sites listed. Also search YouTube for interesting lectures about emotional intelligence. The specific sites that we suggest you check closely at this stage are:

humanityunlocked. com	Humanity Unlocked
investigatinghealthyminds.org	Center for Healthy Minds
6seconds.org	EI Networking and Training
coursera.org	On-line courses for free-sometimes EI classes
googlepersonalgrowthseries	Educational lectures on personal growth

MOVIE

A Beautiful Mind 2001

Starring Russell Crowe. Good movies often have an emotional theme and a lesson to learn. We will continue to add a movie to each lesson group resource page that emphasizes in some way what we are teaching you in that group of lessons. In this lesson, we recommend watching "A Beautiful Mind", based on a true story, because of the difficulties it exposed in recognizing when our own minds are deceiving us.

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As you watch, take notice of how the brilliant mathematician, Jonathon Nash (Russel Crowe), eventually learned to monitor his schizophrenic visual illusions in a way that helped him recognize that the illusionary people were not aging. Until this, he didn't accept that he was dealing with illusions. Once he understood reality, he was aBle to ignore these illusions more easily. We may not have illusions to ignore, but the mind can miss to recognize delusionary directives and have a tendency to follow such ill suggestions.

NOTES

"He who conquers himself is the mightiest warrior"

Confucius, Chinese philosopher. (BC 551-BC 479)