



## RECOMMENDED READING LIST

THE FOLLOWING BOOKS and articles were starred (\*) in the full bibliography as especially valuable readings for you and have been described briefly below. They include ten hyperlinked items (in blue) that you can open directly after downloading this document. Your public or university library can assist you in obtaining the others. At the end of each entry you will find a number (1, 2, or 3). The numbers refer to the level of difficulty of the entry.

1 = general reading level, comfortable for most readers.

2 = academic reading level for the reader with some science background.

3 = challenging reading level, included for the advanced scholar.

[Note: You might find it interesting to scan this list by date to get a feel for which ideas arose in each decade. For instance, you would find many pioneering theories first proposed in the 1970s that are only now being developed more fully.]

## Ch 1.2 To See as a Baby Does

Sacks, Oliver. 1993. "To see and not see." *The New Yorker*, 59-73. Highly readable, very thorough exploration of coming into sight. 1

## Ch 2.1 Exploring the Territory Between Two Mysteries

Hardcastle, Valerie Gray. 2002. "The binding problem." *Journal of Consciousness Studies*. Excellent review on feature binding issues for the curious scholar. 3

Levy, Steven. 1994. "Dr. Edelman's brain." *The New Yorker*, 62-73.

[http://www.newyorker.com/archive/1994/05/02/1994\\_05\\_02\\_062\\_TNY\\_CARDS\\_000366580](http://www.newyorker.com/archive/1994/05/02/1994_05_02_062_TNY_CARDS_000366580). Levy offers an alternate view of the origin of

consciousness, based almost entirely on biological evolution. Would be interesting to the scholar pondering the nature of consciousness. 2

Metzinger, Thomas. 1985. "Faster than thought: Holism, homogeneity and temporal coding." In *Conscious Experience*, edited by Thomas Metzinger, 3-37. Exeter: Imprint Academic. Another leading scholar on feature binding and consciousness issues—conveys the core ideas of this philosophic arena. 2

Poole, Roger. 1972. *Towards Deep Subjectivity*. New York: Harper & Row. A remarkable, but little-known, treatise on direct ways of knowing—pioneering work. 2

Salk, Jonas. 1973. *The Survival of the Wisest*. New York: Harper & Row. An early treatise on systems thinking, exploring population patterns in surprising ways. 2

## Ch 2.3 How the Nose Knows: The Remarkable Olfactory System

Izard, Carroll E. 1985. "Letters in response to 'Emotions and Facial Expressions'." *Science* no. 230:607-610, 687. A volley of reactions to Zajonc's proposal (below), published two months later in the same journal. 2

Zajonc, Robert. 1985. "Emotional and facial effereence: a theory reclaimed." *Science* no. 228:15-21. A radical proposal about facial expression and blood flow and their impact on emotion. 2

## Ch 3.1 First Steps in Building our Character

Saey, Tina Hesman. 2008. "Epic genetics: genes' chemical clothes may underlie the biology behind mental illness." *Science News* (May 24, 2008):15-19. A very readable overview of the emerging science of epigenetics. 2

Schore, Allan N. 1994. *Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development*. Hillsdale, NJ: Lawrence Erlbaum Associates. Schore weaves together an enormous range of disciplines, offering a coherent pattern of development and deep insights into what can go wrong. The book contains more than 100 pages of bibliographic references for the advanced scholar. 2

Siegel, Daniel J. 1999. *The Developing Mind: Toward a Neurobiology of Interpersonal Experience*. New York: Guilford Press. Siegel, a child psychiatrist, explains how

emotional communications influence the regulation of brain circuit growth and the consolidation of cognitive systems in the child. 2

### Ch. 3.4 Learning to Calm, Learning to Delight

Bornstein, David. 2014. "Teaching Children to Calm Themselves." *New York Times*, March 19. [http://opinionator.blogs.nytimes.com/2014/03/19/first-learn-how-to-calm-down/?\\_php=true&\\_type=blogs&emc=edit\\_tnt\\_20140321&nliid=37787036&tnemail0=y&r=0](http://opinionator.blogs.nytimes.com/2014/03/19/first-learn-how-to-calm-down/?_php=true&_type=blogs&emc=edit_tnt_20140321&nliid=37787036&tnemail0=y&r=0). An incredibly hopeful intervention, called Head Start Trauma Smart, has been piloted in Kansas and Missouri and will hopefully spread quickly across the country. It very skillfully addresses the nearly epidemic levels of trauma-based behavior problems facing today's early childhood populations. 1

### Ch 3.10 Final Preparations: Order, Wait Time, and Inner Speech

Luria, Aleksandr R. 1977. "Cerebral organization of conscious acts: A frontal lobe function." In *Brain Function and Reading Disabilities*, edited by Lester Tarnopol and Muriel Tarnopol. Baltimore: University Park Press. A fascinating and little-known paper by Luria exploring the role of the frontal lobes in initiating action and regulating will. 2

### Ch 4.3 The Art of Paying Attention

Gallagher, Winifred. 2009. *Rapt Attention and the Focused Life*. New York: Penguin. Gallagher's highly readable style invites you to explore the dynamics of attention and the qualities of highly focused attention so essential for creativity. 1

Vanderwerth, W.C., ed. 1972. *Indian Oratory: Famous Speeches by Noted Indian Chieftains*. New York: Ballantine Books. A treasure trove of Native American voices to study. 1

### Ch 4.5 An Incredible Expedition

Luria, A.R. 1976. *Cognitive Development: Its Cultural and Social Foundations*. Translated by Lynn Solotaroff and Martin Lopez-Morillas. Cambridge: Harvard University Press. An extremely valuable book for those studying the impact of literacy on a culture and a powerful tool for those using the book as a basis for instruction or trainings. 2

### Ch 4.9 Gathering Knowledge in Traditional Ways

Bearak, Barry. 2010. "For some Bushmen, a homeland worth the fight." *New York Times*, November 4. <http://www.nytimes.com/2010/11/05/world/africa/05bushmen.html?pagewanted=all&r=0>. A poignant story of the Bushmen's struggle to survive on homeland they are being pressed to leave. 1

Lee, Dorothy. 1950. "Lineal and nonlinear codifications of reality." *Psychosomatic Medicine* no. 12 (2):89-97. A classic contribution to anthropology; it captures a wide array of indigenous language patterns. 2

#### Ch 5.2 A New Lens Begins to Form

Seligman, Martin E.P. 1990. *Learned Optimism*. New York: Pocket Books. A longtime *New York Times* bestseller; focusing on resilience and strategies for overcoming learned helplessness. 2

#### Ch 5.3 The Transforming Power of the Press

Eisenstein, Elizabeth L. 1983. *The Printing Revolution in Early Modern Europe*. Cambridge: Cambridge University Press. A scholarly exploration of the profound impact of the printing press on European history; a great read for history buffs. 2

#### Ch 5.4 The Price of Literacy

Rice, Joanna. 2013. *Indian Residential School Truth and Reconciliation Commission of Canada*. Cultural Survival 2011 [cited October 21, 2013]. Available from <http://www.culturalsurvival.org/publications/cultural-survival-quarterly/canada/indian-residential-school-truth-and-reconciliation-c>. An important record of boarding school abuse and efforts to make amends. Cultural Survival is also a fine website for tracking current efforts to support the goals of indigenous people. 2

#### Ch 6.1 Entering the Culture of School

Anyon, Jean. 1997. *Ghetto Schooling: A Political Economy of Urban Educational Reform*. New York: Teachers College Press. Still respected today, this was one of the first books to view educational problems as an integral part of a larger social and economic system. 1

#### Ch 6.3 Taking One's Own Counsel

1985. *Beginnings: The Social and Affective Development of Black Children*. Hillsdale, NJ: Lawrence Erlbaum. A consortium of black scholars offers powerful contributions toward understanding the social realities of black children. 2

Delpit, Lisa. 1995. *Other People's Children: Cultural Conflict in the Classroom*. New York: New Press. This MacArthur Award-winning author offers valuable insights on the multicultural dilemmas facing today's schools. 1

Heath, Shirley Brice. 1983. *Ways with Words: Language, Life, and Work in Communities and Classrooms*. Cambridge: Cambridge University Press. This pioneer in linguistic anthropology documented the profound differences in language patterns and culture between two poor communities, one black and one white, in the Piedmont region of the U.S. 1

## Ch 6.5 Fine-Tuning the Body-Mind Connections

Gallagher, Shaun. 2005. *How the Body Shapes the Mind*. Oxford: Clarendon Press. A valuable resource for those wanting to explore the interconnections between consciousness, perception and body awareness. 3

## Ch 6.6 The Emerging Scholar

Goldberg, Elkhonon. 2001. *The Executive Brain: Frontal Lobes and the Civilized Mind*. Oxford: Oxford University Press. Now a neurosurgeon at NYU medical school and the last student of Alexander Luria, Goldberg explores how fixed and fluid intelligence differ in decision-making. His personal drama in making it to the West is also included. 2

## Ch 7.1 Exploring Complex Problems

- Hanley, Charles J. 2010. "If an island state vanishes, is it still a nation?" *The Seattle Times*, December 6. Available from [http://seattletimes.com/html/business/technology/2013609384\\_apclimatedisappearingnations.html?syndication=rss](http://seattletimes.com/html/business/technology/2013609384_apclimatedisappearingnations.html?syndication=rss). A thorough discussion about the impact of global warming on the Marshall Islands. 1
- Lewin, Roger. 1992. *Complexity: Life at the Edge of Chaos*. New York: Macmillan. A highly readable story of the pioneering systems-based research at the renowned Santa Fe Institute. 2
- Meadows, Donella H. 1997. "Places to intervene in a system (in increasing order of effectiveness)." *Whole Earth*, 78-84. A major contribution to systems understandings by the late Donella Meadows, a leading change theorist. 1
- Miller, James Grier. 1978. *Living Systems*. New York: McGraw-Hill. A true classic in systems thinking and design. 3
- Rose, Mike. 2009. "Blue-collar brilliance." *The American Scholar*. 78 (3): 43-49. <http://www.uky.edu/~jast239/courses/702/bluecollar.pdf>. This very important article is a core reading in many sociology classes. 1
- Slackman, Michael. 2009. "Belatedly, Egypt spots flaws in wiping out pigs." *New York Times*, September 20. <http://www.nytimes.com/2009/09/20/world/africa/20cairo.html?pagewanted=all&gwh=5BC2CD43DC5E7FA40E92FC700F146986>. A fascinating tale of shortsighted thinking. 1
- Smuts, J.C. 1973. *Holism and Evolution*. Westport, CT: Greenwood Press. Smuts was an early forerunner to the systems-thinking visionaries of today. 2
- Weinberg, Gerald M. 1975. *An Introduction to General Systems Thinking*. New York: John Wiley & Sons. An early effort to bring systems thinking into practice. 2
- Wilson, Edmund O. 1978. *On Human Nature*. Cambridge: Cambridge University Press. In this Pulitzer Prize winning book, Harvard biologist E.O. Wilson explores the role of evolution in shaping our noblest human virtues. 2
- Zolli, Andrew. 2012. "Learning to bounce back." *New York Times*, November 2. A systems perspective on resiliency as a key variable in sustainability dynamics. 1

## Ch 7.2 Playing with Perspectives

- Pauli, Gunter. 2013. "Our vision: The next 10 years, 2005-2014." ZERI.org 2005 [cited December 5, 2013]. Available from [http://zeri.org/ZERI/Future\\_Vision.html](http://zeri.org/ZERI/Future_Vision.html). Learn more about the promising work of ZERI at their site. 2
- Thompson, Clive. 2009. "Can game theory predict when Iran will get the bomb?" *New York Times*, August 16. <http://www.nytimes.com/2009/08/16/magazine/16Bruce-t.html?pagewanted=all>. An unusual thinker and his way of combining intuition with big data to predict future events. 2

## Ch 7.3 Encountering Fresh Patterns

- Schon, Donald A. 1987. *Educating the Reflective Practitioner: Toward a New Design for Teaching and Learning in the Professions*. San Francisco: Jossey-Bass. Schon refined the art of thinking about thinking by exploring the mystery of teaching by transmitting the nuances of creative processes. 2

## Ch 7.5 Enlivening the Five Tolerances

- McMullan, W.E. 1976. "Creative individuals: paradoxical personages." *Journal of Creative Behavior* no. 10 (4):265-274. A unique insight into creativity; too good to be forgotten. 1

## Ch 7.6 New Windows onto the Mind

- Bower, Bruce. 2007. "Net heads: huge numbers of brain cells may navigate small worlds." *Science News* no. 171:104, 106. A very clear description of the interplay between theta and gamma cell firing patterns. 2
- Canolty, R.T. et al. 2006. "High gamma power is phase-locked to theta oscillations in human neocortex." *Science* no. 313 (5793):1626-1628. doi: 10.1126/science.1128115. A clear, but complex, picture of theta-gamma dynamics for the curious scholar. 3
- Fields, R. Douglas. 2011. "The hidden brain." *Scientific American Mind*, 53-59. A thorough description of the role of one kind of glial cell, the astrocyte or 'star cell,' and how it serves the brain. 2
- Gabora, Liane. 2002. "Amplifying phenomenal information: Toward a fundamental theory of consciousness." *Journal of Consciousness Studies* no. 9 (8):3-29. A powerful discussion of aspects of consciousness, including a speculation that sudden episodes of synchronicity could actually produce light in the brain. 2
- Rizzolatti, Giacomo and Craighero, Laila. 2004. "The mirror-neuron system." *Annual Review of Neuroscience* no. 27:169-192. The research article that first introduced the idea of a mirror neuron system to the scientific community. 2

## Ch 7.7 A Surprising New Brain Network

- Fox, Douglas. 2008. "Private life of the brain." *New Scientist* (2681):28-31. A very readable introduction to the early discoveries about the default network. 1

- Hedden, T. 2010. "The default network: Your mind, on its own time." *Cerebrum: The Dana Forum on Brain Science* no. 2010. An excellent overview of the current research scene on the default network. 2
- Menon, Vinod and Uddin, Lucina Q. 2010. "Saliency, switching, attention and control: a network model of insula function." *Brain Structure and Function* no. 214 (5-6):655-667. doi: 10.1007/s00429-010-0262-0. An important contribution toward understanding the switching mechanism that allows the brain to shift from outer attention to default processes. 3
- Raichle, M.C. et al. 2001. "A default mode of brain function." *Proceedings of the National Academy of Sciences* no. 50:799–812. The research article that launched worldwide excitement, inspiring diverse strands of research on the functions of the default network. 2

### Ch 7.8 The Gifts of a Mature Mind

- St. Jacques, Peggy L. et al. 2009. "Effects of aging on functional connectivity of the amygdala for subsequent memory of negative pictures: A network analysis of functional magnetic resonance imaging data." *Psychological Science* no. 20 (1):74-84. doi: 10.1111/j.1467-9280.2008.02258.x. Research findings revealing positive changes in emotionality with aging. 2
- Tierney, John. 2011. "Do you suffer from decision fatigue?" *New York Times*, August 17. <http://www.nytimes.com/2011/08/21/magazine/do-you-suffer-from-decision-fatigue.html?pagewanted=all>. A highly readable article exploring the impact of excessive decision-making on effective thinking. 1