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**Recommended Books**

*Mindsight,* Daniel Siegel -- True stories of real profound changes and healing. I can't recommend this book highly enough.

*The Neuroscience of Psychotherapy,* Louis Cozolino -- in my opinion, probably the best book for coaches out there, although he focuses on therapists

*Coaching with the Brain in Mind,* David Rock and Linda Paige -- I use this for reference. It's very detailed and complex and perhaps not an easy cover to cover read, but I find it very helpful for looking things up.

*The Brain that Changes Itself,* Norman Doidge -- wonderful true stories of "neuroplasticity" and astonishing ways the brain can find new ways to do things.

*Incognito,* David Eagleman -- also an easy to read book, lots of true stories about how we know what we know.

*My Stroke of Insight,* Jill Bolte Taylor -- a wonderful book about right brain/left brain, written by a neuroscientist who had a stroke. Also TED talk:

http://www.ted.com/talks/jill\_bolte\_taylor\_s\_powerful\_stroke\_of\_insight.html

*The Art of Changing the Brain,* James Zull -- this may be the best book on learning and the brain for educators.

*Your Brain at Work,* David Rock -- good for leaders, very business focused.

*The Buddha's Brain,* Rick Hanson with Richard Mendius -- a great introductory book on the brain that weaves in mindfulness and Buddhist wisdom and includes practical tools for personal development.

*In the Realm of Hungry Ghosts,*Gabor Mate -- fabulous work on the neuroscience of addiction.

*The Master and His Emissary,* Iain McGilchrist -- amazing, powerful work on the right and left brain. The RSA video is also fantastic and only 11 minutes or so:

http://www.youtube.com/watch?v=dFs9WO2B8uI)

*Scientific American Mind* and *Psychology Today*