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Title	Author	# of copies
<u>Me, Myself and Us</u>	Brian R. Little	10

In *Me, Myself and Us*, Little explores questions that are rooted in the origins of human consciousness but are as commonplace as yesterday's breakfast conversation: Are our first impressions of other people's personalities usually accurate? Are creative individuals essentially maladjusted? Are our personality traits, as William James put it, "set like plaster" by the age of thirty? Are some individuals genetically hard-wired for happiness? And which is the more viable path toward human flourishing, the pursuit of happiness or the happiness of pursuit?

Me, Myself and Us provides a resource for answering such questions and a framework through which readers can explore the personal implications of the new science of personality. Little helps us see ourselves, and other selves, as somewhat less perplexing and definitely more intriguing.

<u>David and Goliath</u>	Malcolm Gladwell	9 & 1 CD
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In *David and Goliath*, Malcolm Gladwell challenges how we think about obstacles and disadvantages, offering a new interpretation of what it means to be discriminated against, or cope with a disability, or lose a parent, or attend a mediocre school, or suffer from any number of other apparent setbacks.

Gladwell begins with the *real* story of what happened between the giant and the shepherd boy those many years ago. From there, *David and Goliath* examines Northern Ireland's Troubles, the minds of cancer researchers and civil rights leaders, murder and the high costs of revenge, and the dynamics of successful and unsuccessful classrooms---all to demonstrate how much of what is beautiful and important in the world arises from what looks like suffering and adversity.

In the tradition of Gladwell's previous bestsellers---*The Tipping Point*, *Blink*, *Outliers* and *What the Dog Saw*---*David and Goliath* draws upon history, psychology, and powerful storytelling to reshape the way we think of the world around us.

<u>The Imaginary Indian</u>	Daniel Francis	6
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The Imaginary Indian is a fascinating, revealing history of the "Indian" image mythologized by popular Canadian culture since 1850, propagating stereotypes that exist to this day.

Images of the Indian have always been fundamental to Canadian culture. From the paintings and photographs of the nineteenth century to the Mounted Police sagas and the spectacle of Buffalo Bill's Wild West Show; from the performances of Pauline Johnson, Grey Owl, and Buffalo Long Lance to the media images of Oka and Elijah Harper-the Imaginary Indian is ever with us, oscillating throughout our history from friend to foe, from Noble Savage to bloodthirsty warrior, from debased

alcoholic to wise elder, from monosyllabic "squaw" to eloquent princess, from enemy of progress to protector of the environment.

The Imaginary Indian has been, and continues to be -as Daniel Francis reveals in this book-just about anything the non-Native culture has wanted it to be; and the contradictory stories non-Natives tell about Imaginary Indians are really stories about themselves and the uncertainties that make up their cultural heritage. This is not a book about Native people; it is the story of the images projected upon Native people-and the desperate uses to which they are put.

The Willpower Instinct

Kelly McGonigal

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After years of watching her students struggling with their choices, health psychologist Kelly McGonigal, Ph.D., realized that much of what people believe about willpower is actually sabotaging their success. Committed to sharing what the scientific community already knew about self-control, McGonigal created a course called "The Science of Willpower" for Stanford University's Continuing Studies Program. The course was an instant hit and spawned the hugely successful *Psychology Today* blog with the same name.

Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, McGonigal's book explains exactly what willpower is, how it works, and why it matters.

Stepping Up

John Izzo

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In his bestselling book *The Five Secrets You Must Discover Before You Die*, John Izzo tackled the secrets to lifelong happiness. Now he gives readers the key to a great career, a great workplace, better relationships, and a better world. *Stepping Up* argues that almost every problem, from personal difficulties and business challenges to social issues, can be solved if all of us look to ourselves to create change rather than looking to others. By seeing ourselves as agents of change we feel happier, less stressed, and more powerful.

Izzo offers seven compelling principles that enable anyone, anywhere, anytime to effectively bring about positive change.

The Teenage Brain

Dr. Frances E. Jensen

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Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania and an internationally known expert in neurology and the teenage brain. As a mother, teacher, researcher, clinician and frequent lecturer to parents and teens, she is in a unique position to explain to readers the mystery and magic of the teen brain. In *The Teenage Brain*, Dr. Jensen will bring to readers the new, sometimes astonishing findings that remain buried in academic journals. Along the way, she will explore a few myths about adolescent behaviour and offer pointers and practical suggestions on how to negotiate this difficult and dynamic life stage for parents, teachers and even teens themselves.

The Teenage Brain is one of the first books to focus exclusively on the mind development of adolescents and will dispel the many widespread misunderstandings about teenage brains.

Give and Take

Adam Grant

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For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But today, success is increasingly dependent on how we interact with others. It turns out that at work, most people operate as either takers, matchers, or givers. Whereas takers strive to get as much as possible from others and matchers aim to trade evenly, givers are the rare breed of people who contribute to others without expecting anything in return.

Using his own pioneering research as Wharton's youngest tenured professor, Grant shows that these styles have a surprising impact on success. Although some givers get exploited and burn out, the rest achieve extraordinary results across a wide range of industries. Combining cutting-edge evidence with captivating stories, this landmark book shows how one of America's best networkers developed his connections, why the creative genius behind one of the most popular shows in television history toiled for years in anonymity, how a basketball executive responsible for multiple draft busts transformed his franchise into a winner, and how we could have anticipated Enron's demise four years before the company collapsed-without ever looking at a single number.

The Worried Child

Paul Foxman

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Anxiety in children diminishes their intellectual, emotional and social development, as well as physical health. Author Paul Foxman believes there are three interacting ingredients that contribute to anxiety in children -- biological sensitivity, personality, and stress overload.

The Worried Child shows that anxiety is preventable – or can at least be minimized – by raising children's self confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Written for parents and teachers and anyone dealing with children, the guide covers the importance of adequate rest, sleep, and exercise and provides detailed lists, skill exercises, sample dialogues, and case studies. It also presents extensive information on the various types and symptoms of anxiety disorders.