

Neuroscience

Additional Resources

Books and articles:

- Barrett, L.F. (2018). *How Emotions Are Made: The Secret Life Of The Brain*. London: Pan Books.
- Davidson, R. (2015). *The Neuroscience of Compassion*. Better Listen Audio. (Audiobook)
- Heath, C. & Heath, D. (2010). *Switch: How to Change Things When Change Is Hard*. Crown Business.
- Glaser, J.E. (2016). *Conversational Intelligence. How Great Leaders Build Trust And Get Extraordinary Results*. Routledge.
- Siegel, D. (2010). *Mindsight: The New Science of Personal Transformation*. Bantam.
- Zak, P. J. (2016, December 19). *The Neuroscience of Trust*. Retrieved from <https://hbr.org/2017/01/the-neuroscience-of-trust>

Podcast:

- Hidden Brain, hosted by Shankar Vedantam:
<https://www.npr.org/podcasts/510308/hidden-brain>