

## **INIQ READING:**

Chade-Meng, T. (2012). *Search inside yourself: The unexpected path to achieving success, happiness, and world peace*. New York, NY:Harper Collins books.

Siegel, D.J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York, NY: Norton and Companies.

Zander & Zander, (2002). *The art of possibility: Transforming professional and personal life*. Harvard: Penguin Books.

Kouzes, James & Posner, Barry (2012). *The leadership challenge, 5th Edition*. San Francisco: Jossey-Bass.

**Stone, D. Patton, B., Heen, S. (2010). *Difficult conversations: How to discuss what matters most*. New York, NY:Penguin.**

**Mettler, S. (2014). *Degrees of inequality: How the politics of higher education sabotaged the American dream*. New Your, NY: Basic Books.**

**McGonigal, K. (2013). *The will power instinct: How self-control works, why it matters and what you can do to get more out of it*. New York, NY: Penguin.**

**Bolman, L. G., and Deal, T. E. (2013). *Reframing organizations: Artistry, choice and leadership, 5th edition*. San Francisco: Jossey-Bass.**

**Rosenberg, M.B. (2003). *Nonviolent communication: A language for life*. Encinitas, CA: PuddleDancer Press.**

Studer, Q., (2004): *Hardwiring excellence*. Gulf Breeze, FL: Firestarter Publishing or StuderGroup.

## **OTHER RECOMMENDED READING:**

**Achor, S. (2010). *The happiness advantage: the seven principles of positive psychology that fuel success and performance at work*. New York, NY: Broadway Books.**

**Baptiste, B. (2013). *Being of power: The 9 Practices to ignite and empowered life*. Carlsbad, CA: Hayhouse Publishing.**

**Bresciani, M. (2011). *Rushing to yoga*. Bloomington, IN: Balboa Press.**

**Bresciani, M. (2012). *Surrendering to the call- The journey to authenticity*. Bloomington, IN: Balboa Press.**

**Byron, Katie's Books- The Work of Byron Katie is a way of identifying and questioning the thoughts that cause all the anger, fear, depression, addiction, and**

violence in the world. Experience the happiness of undoing those thoughts through The Work, and allow your mind to return to its true, awakened, peaceful, creative nature.

Caldwell, C. (1996). *Getting our bodies back: recovery, healing, and transformation through body-centered psychotherapy*. Boston, MA: Shambhala.

Chade-Meng, T. (2012). *Search inside yourself: The unexpected path to achieving success, happiness, and world peace*. New York, NY: Harper Collins books. \*\*\*

Chopra, D. (2010). *The soul of leadership*. New York, NY: Harmony Books.

Chopra, D. (1994). *The seven spiritual laws of success: A practical guide to the fulfillment of your dreams*. San Rafael, CA: Amber Allen Publishing.

Chopra, D & Tanzi, R. E. (2012). *Super brain: Unleashing the explosive power of your mind to maximize health, happiness, and spiritual well-being*. New York, NY: Random House.

Collins, J. (2001). *Good to great: Why some companies make the leap and others don't*. New York, NY: Harper Collins.

Conley, C. (2007). *Peak how great companies get their mojo from maslow*. San Francisco, CA: Jossey-Bass.

Covey, S. (1998). *7 Habits of Highly Effective People*. Franklin Covey.

Davidji (2012). *Secrets of meditation: A practical guide to inner peace and personal transformation*. Carlsbad, CA: Hay House, Inc.

Fisher, R & Ury, W. (1991). *Getting to Yes*. New York: Penquin Books.

Friedman, T. (2005). *The World is Flat: A Brief History of the Twenty-First Century*. New York: Farner, Straus & Giroux Publisher.

Fullan, M. & Scott, G. (2009). *Turnaround leadership for higher education*. San Francisco, CA: Jossey Bass.

George, B. (2007). *True north*. San Francisco, CA: Jossey-Bass.

Goldstein, J. (2013). *Mindfulness: A practical guide to integrating mindfulness practice into the workday*. Boulder, CO: Sounds True.

Goleman, D. (1995). *Emotional intelligence: Why it can matter more than IQ*. New York, NY: Bantam.

Goleman, D. (1998). *Working with emotional intelligence*. New York, NY: Bantam.

**Grayson, H. (2003). *Mindful loving: 10 practices for creating deeper connections*. New York NY: Gotham Books.**

**Hanh, T. (1975). *The miracle of mindfulness an introduction to the practice of meditation*. Boston, MA: Beacon Press.**

**Hanh, T. (2012). *Work: How to find joy and meaning in each hour of the day*. Berkeley, CA: Parallax Press.**

**Hanson, R. (2013). *Hardwiring happiness: the new brain science of contentment, calm, and confidence*. New York, NY: Harmony.**

**Harpst, Gary (2008). *Six disciplines execution: Solving one business problem that makes solving all other problems easier*. Six Disciplines Corp.**

**Hay Louise's Books- Through Louise's healing techniques and positive philosophy, millions have learned how to create more of what they want in their lives, including more wellness in their bodies, minds, and spirits.**

**Heath, Chip and Heath, Can (2010). *Switch: How to change things when change is hard*. New York: Broadway Books.**

**Hsieh, T. (2010). *Delivering happiness: a path to profits, passion, and purpose*. New York, NY: Business Plus.**

**Kabat-Zin, J. (2009). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York, NY: Delta Trade Paperback.**

**Kahneman, D. (2011). *Thinking, fast and slow*. New York, NY: Farrar, Straus and Giroux.**

**Neff, K. (2011). *Self-compassion*. New York, NY:Harper Collins books.**

**Nepo, M. (2012). *Seven thousand ways to listen: staying close to what s sacred*. New York, NY: Free Press.**

**Newberg, A. & Waldman, M. R. (2010). *How god changes your brain: Breakthrough findings from a leading neuroscientist*. New York, NY: Ballantine Books.**

**Nhat Hanh, T. (2006). *True love: A practice for awakening the heart*. Boston, MA: Shambhala.**

**Nhat Hanh, T. (1999). *The miracle of mindfulness: An introduction to the practice of meditation*. Boston, MA: Bacon Press.**

**Palmer, P.J. (1998). *The courage to teach: Exploring the inner landscape of a teacher's life*. San Francisco, CA; Jossey Bass.**

**Palmer, P.J. (1998). *The courage to teach: Exploring the inner landscape of a teacher's life*. San Francisco, CA; Jossey Bass.**

**Patterson, K., Grenny, J., McMillan, R, & Switzler, A. (2002). *Crucial conversations: Tools for talking when stakes are high*. New York: McGraw-Hill.**

**Pink, D. (2005). *A whole new mind*. Berkeley: CA. Penguin Publishing.**

**Palmer, P., Zajonc, A., Scribner, M. & Nepo M. (2010). *The heart of higher education: A call to renewal*. San Francisco, CA: Jossey Bass.**

**Quinn, R.E. (2000). *Change the world: How ordinary people can accomplish extraordinary results*. San Francisco, CA. Jossey-Bass, Inc.**

**Rosenberg, M.B. (2003). *Nonviolent communication: A language for life*. Encinitas, CA: PuddleDancer Press.**

**Ries, E. (2011). *The lean startup: how today's entrepreneurs use continuous innovation to create radically successful businesses*. New York, NY: Crown Business.**

**Schucman, H. (2012). *A course in miracles*. Mill Valley: CA: Foundation for Inner Peace.**

**Stone, D. Patton, B., Heen, S. (1999). *Difficult conversations: How to discuss what matters most*. New York, NY: Penguin**

**Schwartz, T., & Gomes, J. (2010). *The way we're working isn't working: the four forgotten needs that energize great performance*. New York, NY: Free Press.**

**Targ, R. (2004). *Limitless mind*. Novato, CA: New World Library.**

**Targ, R. & Katra, J. (1998). *Miracle of mind: Exploring nonlocal consciousness and spiritual healing*. Novato, CA: New World Library.**

**Walsch N.D. (2013). *What god said*. New York, NY: Berkeley Publishing Group.**

**\*\*\* If you can only read one – this is the one we recommend you read!**

#### **INTEGRATIVE INQUIRY BOOKS UNDER DEVELOPMENT:**

[The Neuroscience of Learning and Development: Enhancing Peace, Compassion, Creativity, and Critical Thinking in Higher Education](#) - This book is currently under

development, with an expected publication date early 2015. The book will be a collaborative effort with Marilee Bresciani Ludvik, Ph.D and her colleagues, who will all be credited once the book is complete. Below is a preliminary outline with excerpts. Outline and excerpts now available.

[The Integrative Inquiry Handbook - Practical Application of the Neuroscience of Learning and Development](#) - This handbook is currently under development by Marilee Bresciani Ludvik, Ph.D., and Matthew Evrard, M. A., San Diego State University. The anticipated release date is early 2015. Some chapters may be released in advance.