



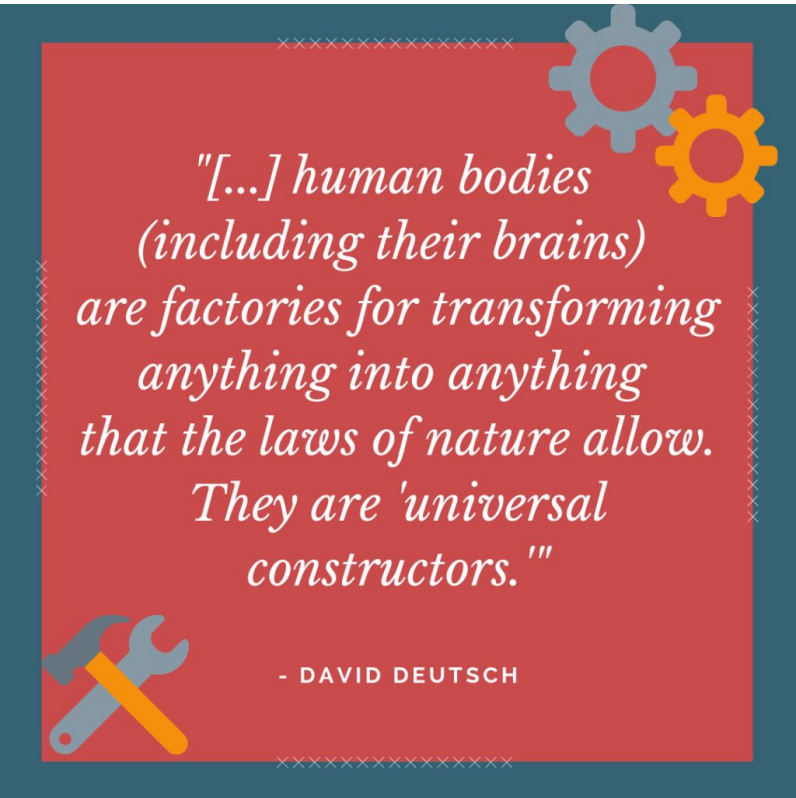
**“You don’t have
to choose
between
being scientific
and being
compassionate”**

- Robert Sapolsky

The Mindset Neuroscience Reading List for Enhancing Human Potential

These books and articles have the potential to profoundly influence humanity’s understanding of the world and our role in it.

These authors, researchers and scientists are leading us to a deeper, richer and more compassionate understanding of the human mind-brain-body system and how we can help ourselves and others tap into higher potentials.



*"[...] human bodies
(including their brains)
are factories for transforming
anything into anything
that the laws of nature allow.
They are 'universal
constructors.'"*

- DAVID DEUTSCH

On the Power and Nature of the Human Mind

Life 3.0: Being Human in the Age of Artificial Intelligence by Max Tegmark

The Mind and the Brain: Neuroplasticity and the Power of Mental Force by Jeffrey M Schwartz

Train Your Mind, Change Your Brain by Sharon Begley

The Beginning of Infinity by David Deutsch

Re-mapping with nonmusicians through imagination and visualization - study by Alvaro Pascual-Leone at Harvard



"[...] PART OF THE HUMAN BRAIN THAT MOST DEFINES US IS LESS A PRODUCT OF THE GENES WITH WHICH YOU STARTED LIFE THAN OF WHAT LIFE HAS THROWN AT YOU.

- Robert Sapolsky

On the Experience-Dependent Nature of the Brain

Behave by Robert Sapolsky

"Dynamic mapping of human cortical development during childhood through early adulthood" by Gogtay et. al.

Harvard Center on the Developing Child

Life 3.0: Being Human in the Age of Artificial Intelligence by Max Tegmark

"Being able to perceive visceral sensations is the very foundation of emotional awareness."

- Bessel Van der Kolk, M.D.

On Brain-Body Connection, Self-Regulation, "Embodied Cognition", Trauma & Resilience

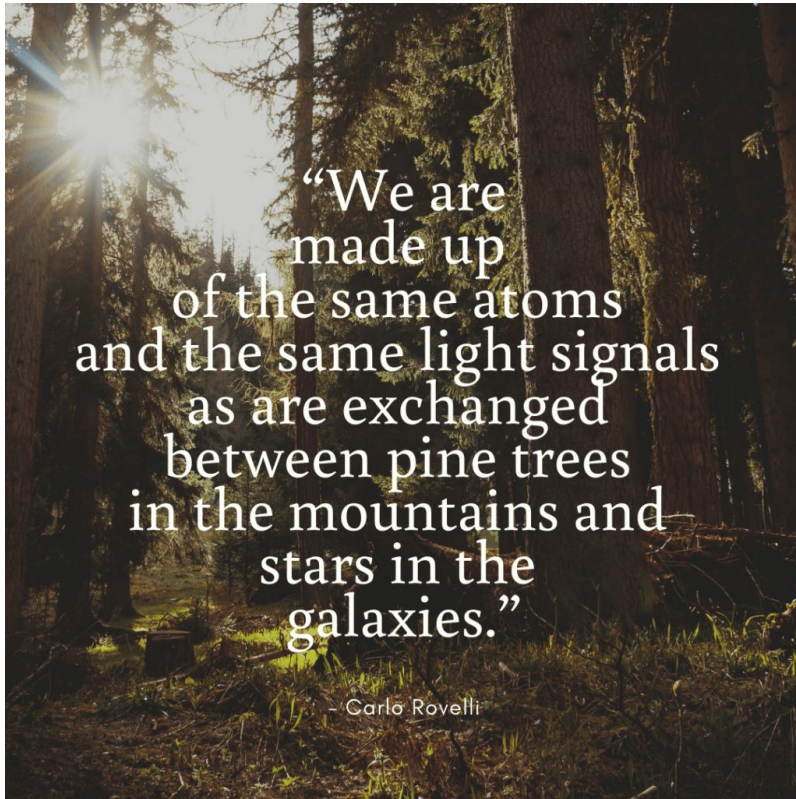
The Body Keeps the Score by Bessel Van der Kolk

Article: "The Infant's Sixth Sense: Awareness and Regulation of Bodily Processes" by Stephen Porges

The Strange Order of Things by Antonio Damasio

The Pocket Guide to the Polyvagal Theory by Stephen Porges

"Psychological Resilience and Mental Health in Canadian Military Personnel Returning From Overseas Deployment" by Jennifer E. C. Lee, Kerry A. Sudom, and Mark A. Zamorski

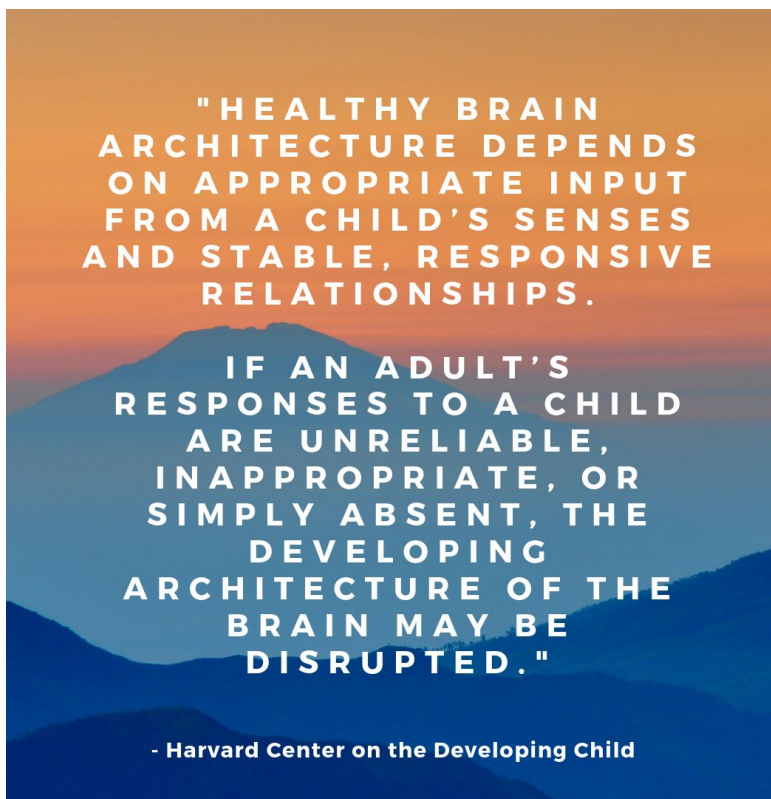


On Quantum Physics in Neuroscience and Psychology

"Quantum Physics in Neuroscience and Psychology: A Neurophysical Model of Mind-Brain Interaction" by Jeffrey M. Schwartz, Henry P. Stapp, Mario Beauregard

Reality is not what it seems by Carlo Rovelli

"The Science We Need to Hear in These Times of Divisiveness" by Stefanie Faye Frank



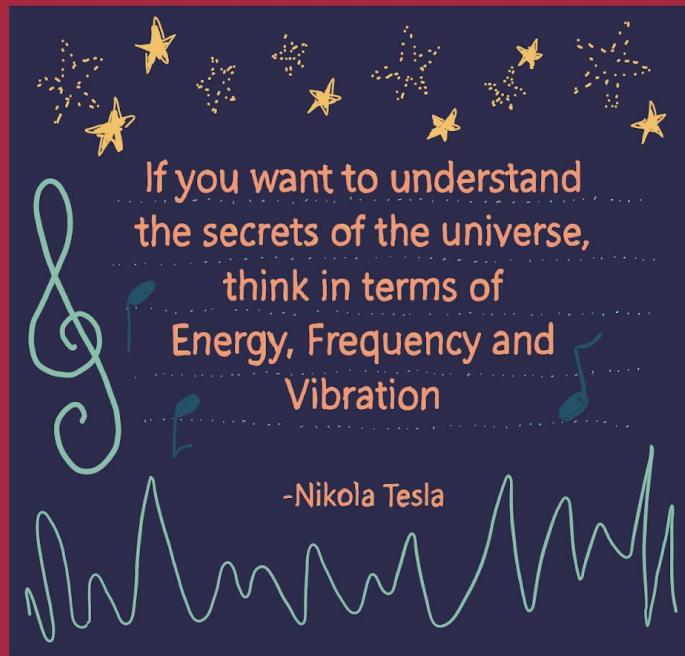
On What Children Have to Teach Us About the Mind and the Social World

Navigating the social world: What infants, children and other species can teach us by Mahzarin Banaji and Susan Gelman (eds)

Article: "The Role of Generic Language in the Early Development of Social Categorization" by Marjorie Rhodes et al.

The Scientist in the Crib: What Early Learning Tells Us About the Mind by Alison Gopnik, Andrew Meltzoff and Patricia Kuhl

"Making Sense of Kids" by Gordon Neufeld
neufeldinstitute.org



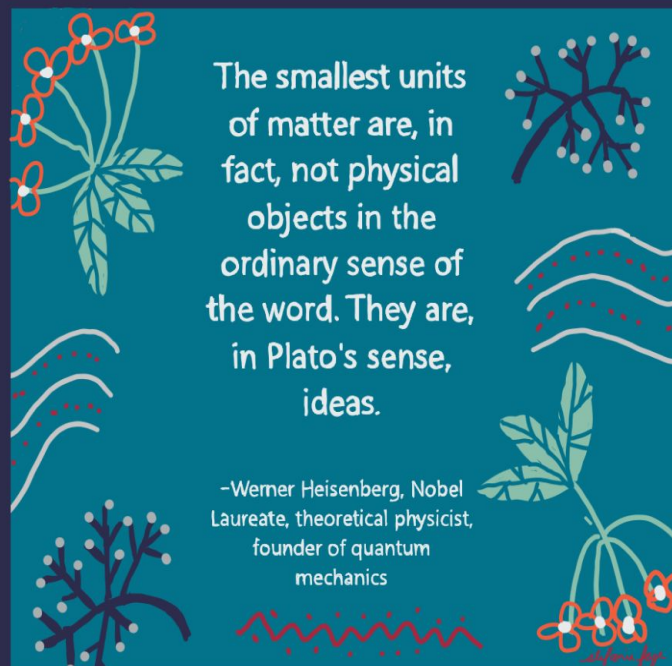
On the Importance of Sound: What we hear may be more important than what we see..

Research Study: "Voice-only communication enhances empathic ability" by Michael Krauss

Why our children can't read by Patricia McGuinness; foreword by Stephen Pinker

I can Hear Your Whisper: An Intimate Journey through the Science of Sound and Language by Lydia Denworth

Thirty million words by Dana Suskind

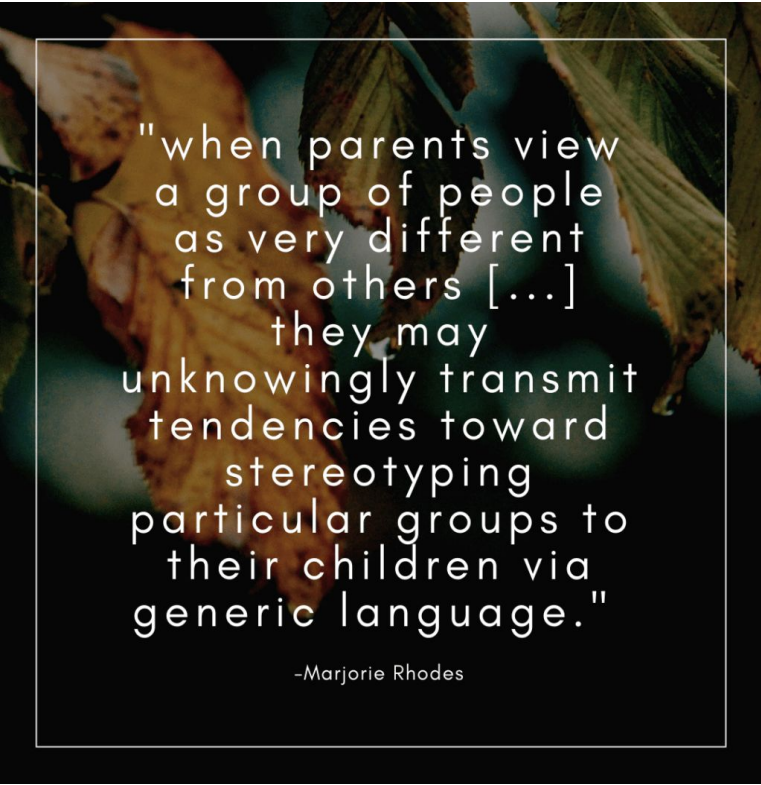


On Mindfulness, "Natural Intelligence" and Non-Physical Energy

Intelligent Life and "Natural Intelligence Meta-Theory" - Jeddah Mali
<https://www.intelligent.life/>

The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation by Thich Nhat Hanh
<https://thichnhatanhfoundation.org/>

The Kybalion: A study of the Hermetic Philosophy of Ancient Egypt and Greece
<http://www.kybalion.org/>



"when parents view
a group of people
as very different
from others [...]
they may
unknowingly transmit
tendencies toward
stereotyping
particular groups to
their children via
generic language."

-Marjorie Rhodes

On Stereotype Threat, 'essentialist thinking' and 'critical hope'

"What a Loaded Generalization: Generics and Social Cognition" by Daniel Wodak, Dr. Sarah-Jane Leslie and Dr. Marjorie Rhodes

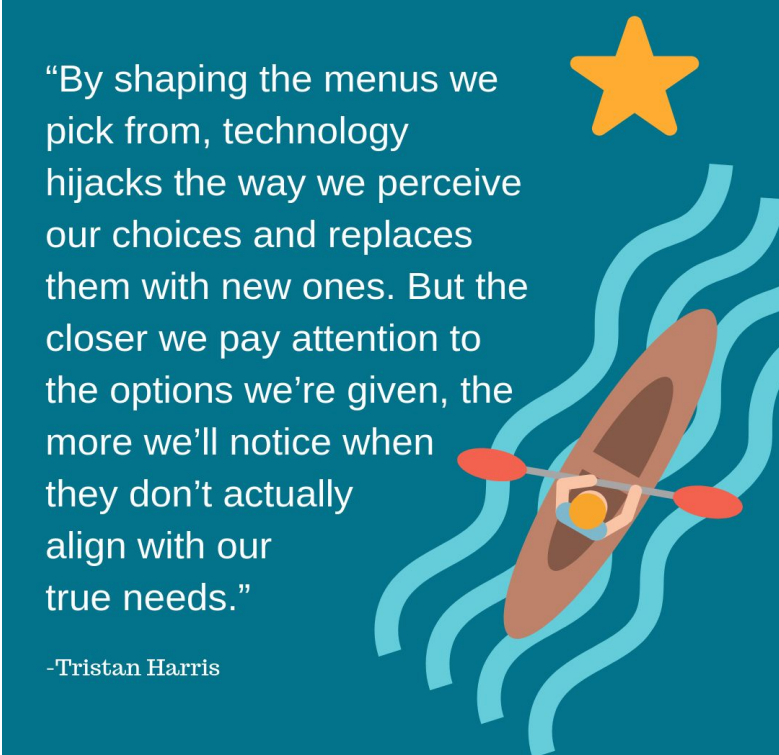
"How Generic Language Leads Children to Develop Social Stereotypes" by Marjorie Rhodes

"Reducing the effects of stereotype threat on African American college students by shaping theories of intelligence". by Joshua Aronson, et al.

Whistling Vivaldi by Claude Steele

"Reimagining Critical Race Theory in Education: Mental Health, Healing, and the Pathway to Liberatory Praxis" by Ebony O. McGee & David Stovall

"The *Social Justice Turn*: Cultivating "Critical Hope" in an Age of Despair" by Kari M. Grain & Darren E. Lund



"By shaping the menus we
pick from, technology
hijacks the way we perceive
our choices and replaces
them with new ones. But the
closer we pay attention to
the options we're given, the
more we'll notice when
they don't actually
align with our
true needs."

-Tristan Harris

On Technology, Addiction and Artificial Intelligence

Video: "How Humans Get Hacked" with Yuval Noah Harari and Tristan Harris

Article, "Tech is Downgrading Humans" by Tristan Harris

Tristan Harris is the co-founder of the Center for Humane Technology - highly recommend checking this resource out.

<https://humanetech.com/>

"Less Wrong" blog by Eliezer Yudkowsky

"PEOPLE LOVE TO SAY
'TEACH A MAN TO FISH'.
WHAT THEY
DON'T SAY IS
'AND IT WOULD BE NICE
IF YOU GAVE HIM A
FISHING ROD."

- Trevor Noah

General Inspiration

Born a Crime by Trevor Noah

"We spend so much time being afraid of failure, afraid of rejection. But regret is the thing we should fear most. Failure is an answer. Rejection is an answer. Regret is an eternal question you'll never have the answer to." - Trevor Noah

Long Walk to Freedom by Nelson Mandela

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite." - Nelson Mandela

The Invention of Wings by Sue Monk Kidd

"To remain silent in the face of evil is itself a form of evil." - Sue Monk Kidd