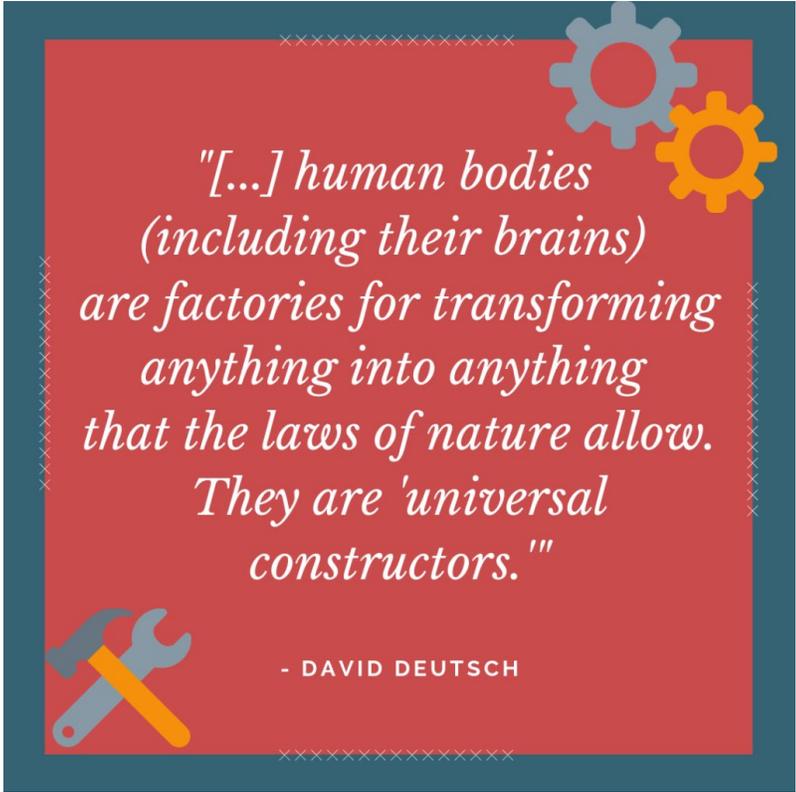


## The Mindset Neuroscience Reading List for Enhancing Human Potential

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.



## On the Power and Nature of the Human Mind

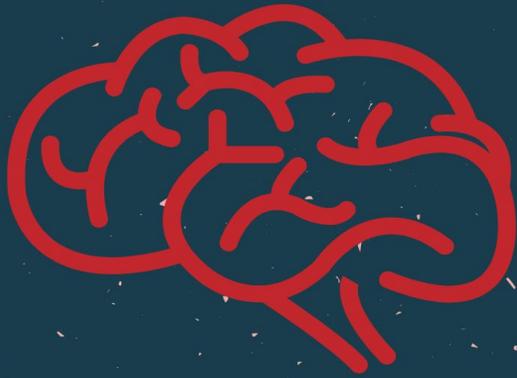
*Life 3.0: Being Human in the Age of Artificial Intelligence* by Max Tegmark

*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

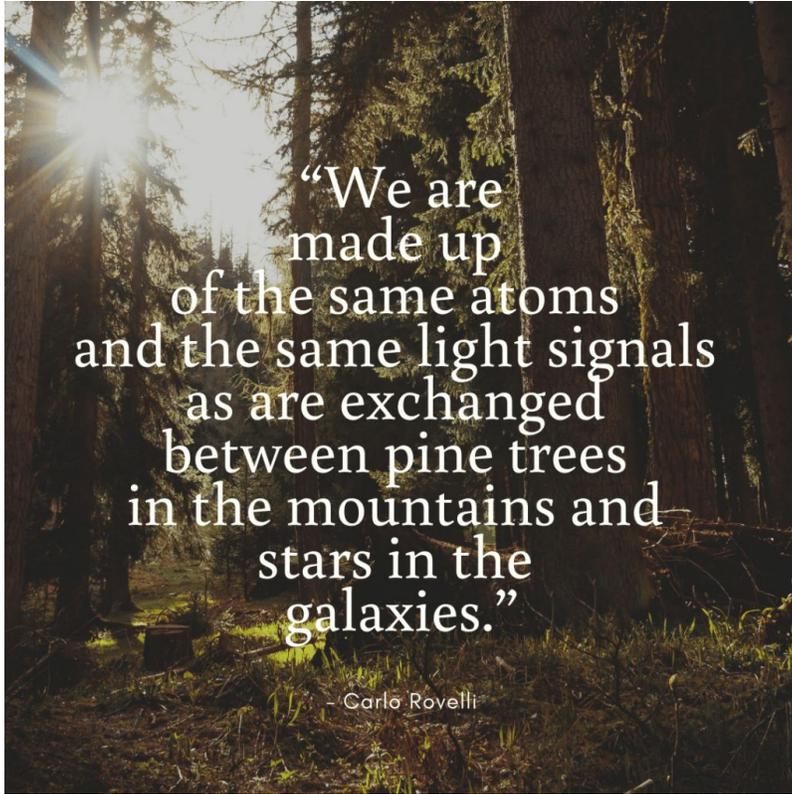
*The Body Keeps the Score* by Bessel Van der Kolk

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

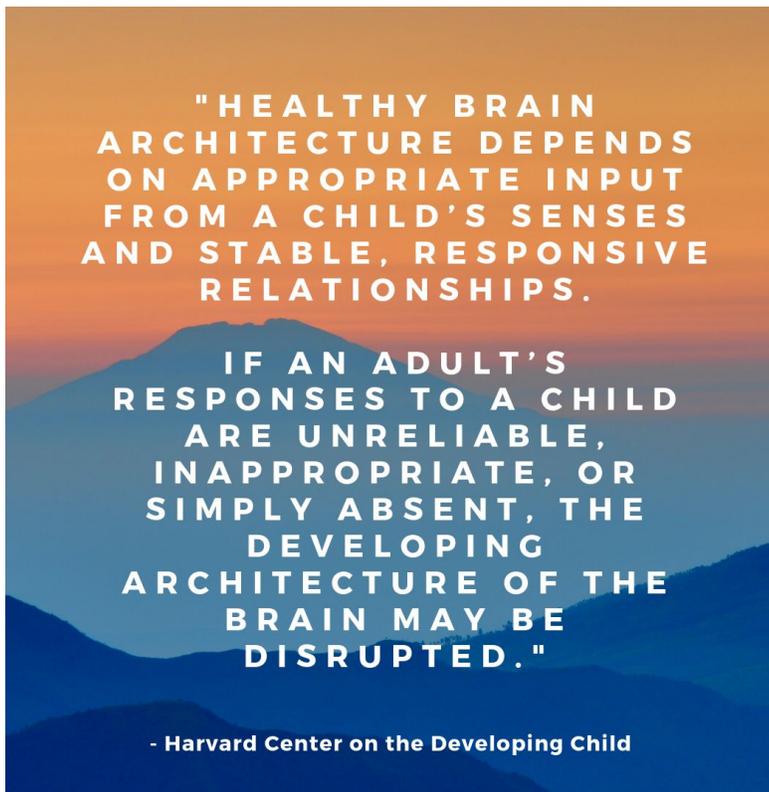


## On Quantum Physics in Neuroscience and Psychology

"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



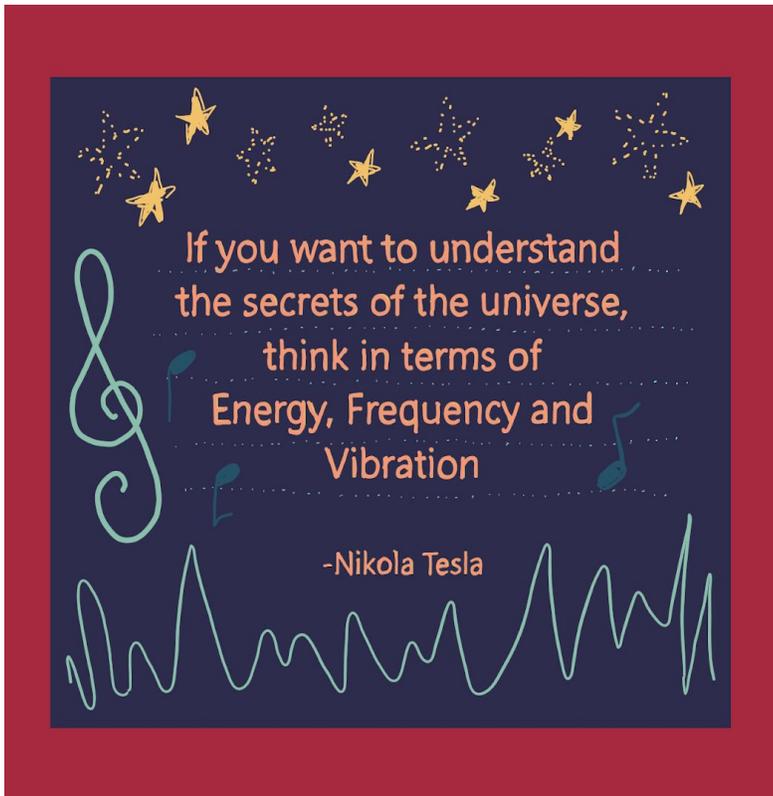
## On What Children Have to Teach Us About the Mind and the Social World

*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 McGuiness; 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

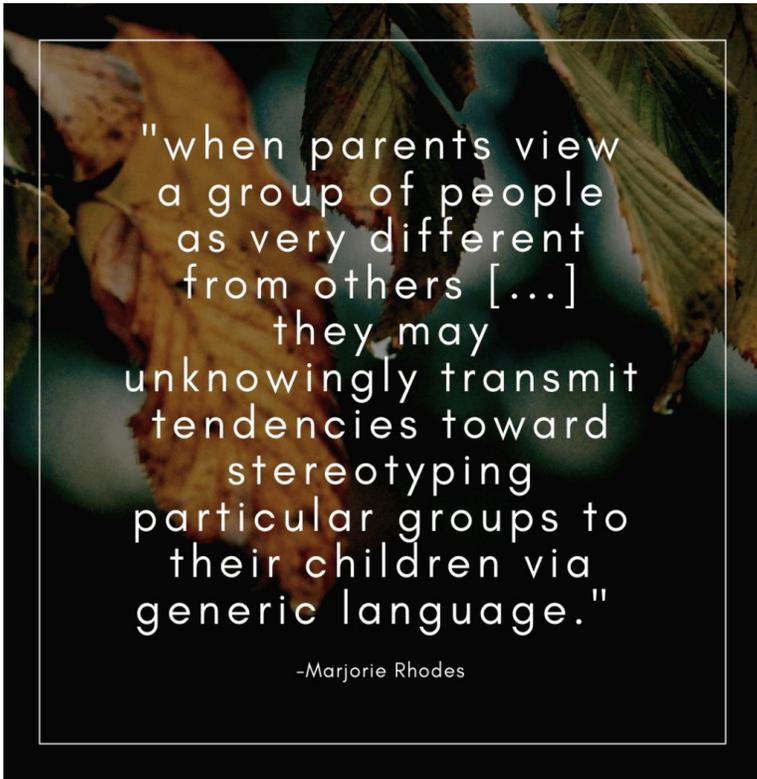


## On Mindfulness, "Natural Intelligence" and Non-Physical Energy

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/>



## 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

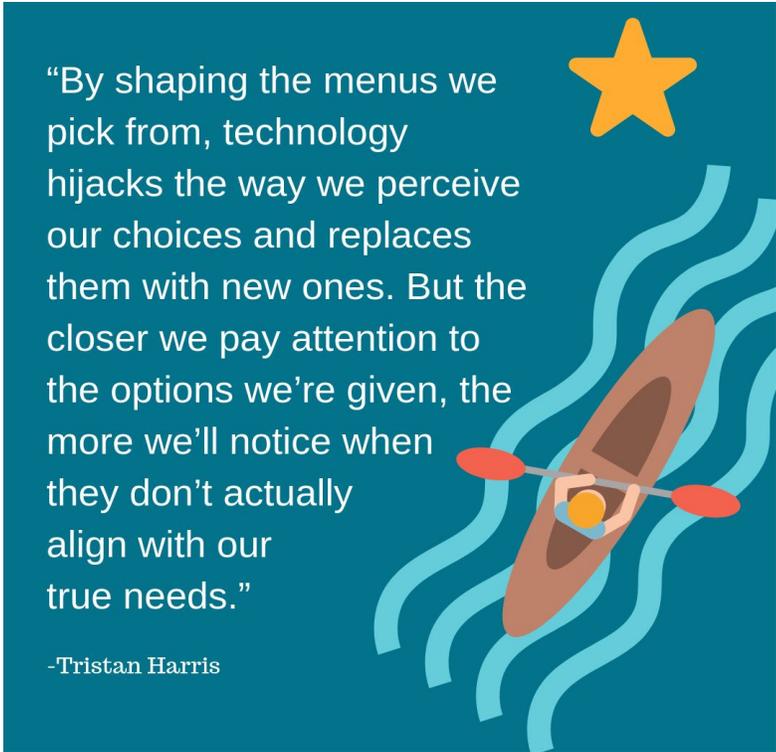
"How Generic Language Leads Children to Develop Social Stereotypes" by Marjorie Rhodes

"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



## 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*