

References & Recommended Reading List

Blake, C. (2009) *The Art of Decisions: How to Manage in an Uncertain World*

Bradberry, T. and Greaves, J. (2007) *The Emotional Intelligence Quick Book: Everything You Need to Know to Put Your EQ to Work [Audiobook] [CD] (Audio CD)*

Carnegie, D. (2009) *How to Win Friends and Influence People*

Covey, S. (2004) *The 7 Habits of Highly Effective People*

Csikszentmihalyi, M. (2008) *Flow: The Psychology of Optimal Experience*

Deci, E. and Flaste, R. (1996) *Why We Do What We Do: Understanding Self-Motivation*

Dweck, C. (2000) *Self-theories: Their Role in Motivation, Personality, and Development (Essays in Social Psychology)*

Goleman, D. (2000) *Working with Emotional Intelligence*

Klemmer, B. (2007) *The Compassionate Samurai: Being Extraordinary in an Ordinary World*

Nuernberger, P. (2003) *Strong and Fearless*

Segal, Jeanne S. (1997) *Raising Your Emotional Intelligence: A Practical Guide*

Seligman, M. (1998) *Learned Optimism: How to Change Your Mind and Your Life*