

References & Recommended Reading List

Capra, Fritjof (1997) *The Web of Life: A New Scientific Understanding of Living Systems*

Covey, Stephen (1990) *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*

(Deluxe Anniversary edition 2013)

Covey, Stephen (2005) *The 8th Habit: From Effectiveness to Greatness*

Meadows, Donella H. (2008) *Thinking in Systems: A Primer*

Murray, Andrew (2012) *Humility*

Sills, Franklyn and Maura Sills (2008) *Being and Becoming: Psychodynamics, Buddhism, and the Origins of Selfhood*

Williams, Tatyana (2014) *Emotional Intelligence: Utilize the Power of Emotional Intelligence in Business, Relationships, and Your Quality of Life*