

Neuroscience and a Flourishing Adolescence: One Student's Journey

Peter Bachmann
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Further Study Guide

Most of these scientists have Ted Talks available, and many can be seen on national TV. Please check online.

Major Readings:

Robert Sopolsky	<i>Why Zebras Don't Get Ulcers Behave</i>
Carol Dwek	<i>Mindsets</i>
Angela Duckworth	<i>Grit</i>
Rick Hanson	<i>Resilient Hardwiring Happiness</i>
Dacher Keltner	<i>Born to be Good</i>
Brené Brown	<i>The Gifts of Imperfection</i>
Deborah Gilboa	<i>Getting the Behavior You Want...Without Being the Parent You Hate!</i>
Jean Twenge	<i>iGen</i>
Leo Tolstoy	<i>The Death of Ivan Ilyich</i>