

# Recommended Resources – Emotional Intelligence and Brain Tuning

Crescendo Connect – March 23, 2021

Presented by Cindy Edwards

---

Baron-Cohen, Simon. *The Science of Evil, on Empathy and the Origins of Cruelty*

Feldman Barrett, Lisa. *7 ½ Lessons about the Brain*

Feldman Barrett, Lisa. *How Emotions are Made*

Lakoff, George and Johnson, Mark. *Metaphors we live by*

McGilchrist, Iain. *The Master and His Emissary*

Rock, David. *Your Brain at Work Strategies for Overcoming Distraction, Regaining Focus and working Smarter All Day Long.*

Siegel, Daniel. *Aware, The Science and Practice of Presence*

Siegel, Daniel. *Mindsight*