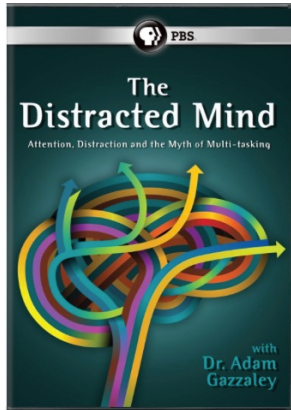


Harold's Recommended Readings (and Viewings)



Hosted by renowned neuroscientist and M.D., Ph.D., Dr. Adam Gazzaley, *The Distracted Mind* delves deeply into attention, distraction, the myth of multi-tasking, and how to use the latest research to possibly improve our skills and abilities at any point during our lives. While the brain can seem almost boundless in its potential, it has limitations, such as processing speed, attentional limitations, working memory limitations, and sensitivity to interference, which can be both internal and external. Dr. Gazzaley explores the impact that multi-tasking has on our safety, memory, education, careers and personal lives. Most importantly, *The Distracted Mind* tells us what we can do to improve our

attentional abilities and our focus as we age, and as media continues to dominate our landscape. From changing our behaviors, to literally changing our brains, Dr. Gazzaley shares information you need to survive and thrive in the information age. (Running time: 58 minutes)

PBS, 2013

Purchase through PBS at

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It is taken for granted in the knowledge economy that companies must employ the most talented performers to compete and succeed. Many firms try to buy stars by luring them away from competitors. But Boris Groysberg shows what an uncertain and disastrous practice this can be.

After examining the careers of more than a thousand star analysts at Wall Street investment banks, and conducting more than two hundred frank interviews, Groysberg comes to a striking conclusion: star analysts who change firms suffer an immediate and lasting decline in performance. Their earlier excellence appears to have depended heavily on their former firms' general and proprietary resources, organizational cultures, networks, and colleagues. There are a few exceptions, such as stars who move with their teams and stars who switch to better firms. Female stars also perform better after changing jobs than their male counterparts do. But most stars who switch firms turn out to be meteors, quickly losing luster in their new settings.

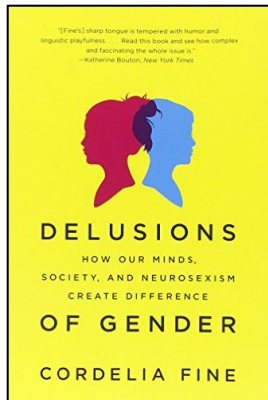
Groysberg also explores how some Wall Street research departments are successfully growing, retaining, and deploying their own stars. Finally, the book examines how its findings apply to many other occupations, from general managers to football players. *Chasing Stars* offers profound insights into the fundamental nature of outstanding

performance. It also offers practical guidance to individuals on how to manage their careers strategically, and to companies on how to identify, develop, and keep talent.

Princeton University Press, 2012

Purchase through Amazon at

http://www.amazon.com/gp/product/0691154511/ref=s9_simh_gw_g14_i1_r?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=desktop-2&pf_rd_r=12WEPXK2CX89X3CM25B6&pf_rd_t=36701&pf_rd_p=2091268722&pf_rd_i=desktop



It's the twenty-first century, and although we tried to rear unisex children—boys who play with dolls and girls who like trucks—we failed. Even though the glass ceiling is cracked, most women stay comfortably beneath it. And everywhere we hear about vitally important “hardwired” differences between male and female brains. The neuroscience that we read about in magazines, newspaper articles, books, and sometimes even scientific journals increasingly tells a tale of two brains, and the result is more often than not a validation of the status quo. Women, it seems, are just too intuitive for math; men too focused for housework.

Drawing on the latest research in neuroscience and psychology, Cordelia Fine debunks the myth of hardwired differences between men's and women's brains, unraveling the evidence behind such claims as men's brains aren't wired for empathy and women's brains aren't made to fix cars. She then goes one step further, offering a very different explanation of the dissimilarities between men's and women's behavior. Instead of a “male brain” and a “female brain,” Fine gives us a glimpse of plastic, mutable minds that are continuously influenced by cultural assumptions about gender.

Passionately argued and unflinching astute, *Delusions of Gender* provides us with a much-needed corrective to the belief that men's and women's brains are intrinsically different—a belief that, as Fine shows with insight and humor, all too often works to the detriment of ourselves and our society.

W. W. Norton & Company, 2011

Purchase through Amazon at

http://www.amazon.com/gp/product/0393340244/ref=s9_simh_gw_g14_i1_r?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=desktop-1&pf_rd_r=12WEPXK2CX89X3CM25B6&pf_rd_t=36701&pf_rd_p=2079475242&pf_rd_i=desktop