

CBODN: In The Know Recap

DO YOU LOVE BOOKS ON LEADERSHIP, NEUROSCIENCE, AND BUSINESS, BUT NOT HAVE TIME TO READ? Join the [“Cliff’s Notes” club](#)—where there’s no pressure to pre-read the book, no membership required, no cost, and lots of discussion in just 90 minutes. Each month, you will hear a [summary of highlights](#) from a recently-published business book. We’ll keep you “in the know” on the latest and greatest concepts and models. [Register here](#) for upcoming events.



December, 2020 In The Know Summary

Open Mic

The December meeting is an “open mic” format, with each participant sharing resources and inspiration with others.

Ice Breaker Recommendations for Virtual Meetings

How to start a Zoom meeting?

- Ask everyone to write in the chat...
 - What are you binge watching these days?
 - What word do you hope you do not hear in 2021?
 - Favorite podcast or book or music?
 - High point and low point (professional or personal) since we last met (i.e., since the last meeting)?
 - What is your favorite “discovery?” (Peppermint ice cream, personal workstyle insight, etc.)
 - What is new for you? (I realize I need to walk my dog more often, etc.)
 - Metafavorite: What’s your *favorite* favorite? What’s inspiring you?
 - Where you on a scale from “Inspired to Bored?” – Assign numbers (+3 to -3). Ask the same question at the start and end of the meeting.
- Consider creating a playlist – work with the group to decide on a theme and request songs related to the theme.
- Show a picture in your virtual (Zoom) background that relates to a theme. Assign a theme before the meeting.

Book/Podcast/Resource Recommendations

Society/Inspiration

Sapiens: A Brief History of Humankind by Yuval Norah Harari.

The Truths We Hold: An American Journey, Kamala Harris.

“It won’t be enough, but try anyway.” From A Promised Land, Barack Obama. These are words he lives by.

“Diversity is asking someone to the party. Inclusion is asking the person to dance.” – Verna Myers

DEI

Inclusive Leadership, from Awareness to Action by Ernest Gundling and Cheryl Williams. Provides steps for running an inclusive program.

Reinventing Diversity by Howard J. Ross. Talks a lot about unconscious bias and explains how an organization needs to create a DEI strategy, to include training, but never just do a DEI training.

Biased by Jennifer Eberhardt.

Diversity, Equity, and Inclusion: Strategies for Facilitating Conversations on Race by Caprice Hollins and Ilsa Govan.

Career

MC24: Bruce Mau's 24 Principles for Designing Massive Change in your Life and Work by Bruce Mau.

Designing Your Life: How to Build a Well-Lived, Joyful Life by Bill Burnett and Dave Evans. Two professors from the Stanford Design School applied design thinking principles to career/life planning.

Psychology/Self Insights/Mindset

Check out the work of Michael Dover who writes about Human Needs Theory.

Insight: The Surprising Truth About How Others See Us, How We See Ourselves, and Why the Answers Matter More Than We Think by Tasha Eurich is about becoming self-aware and has many assessments in the appendices.

Growth Mindset / Fixed Mindset by Carol Dweck.

Animated book summary

Animated Vimeo

Grit: The Power of Passion and Perseverance by Angela Duckworth.

"Graduating with Honors in Resilience: Creating a Whole New Doctor" Article – December 2020 by Maggi Cary, A Whole New Doctor.

The Biggest Bluff: How I Learned to Pay Attention, Master Myself, and Win by Maria Konnikova. The book is about a brilliant researcher who learned to play poker as part of her research. Interesting terms like "tilt" – emotion you take from a game you won, into the next game.

Check out the Paul Ekman's work on microexpressions and microgestures.

"Most people are not lucky enough to get fired." – Tim Ferriss. Four-hour Workweek.

Communication/Writing

The Craft of Verse, Lectures by Jorge Luis Borges. Great tips on good writing.

Five Languages of Apology by Gary Chapman and Jennifer Thomas. Teaches you the many ways to apologize, depending on the situation and depending on what the person is expecting.

“The Playbook: A Coach's Rules for Life,” Netflix series, provides a new perspective with behind-the-scenes views from five of the biggest coaching names in athletics.

Excellent Podcasts

“Screaming into the Void” episode of Hidden Brain Podcast (50 min) about rage and using social media to express rage.

“Inside Story of the Ever-Changing Brain” episode of Brené Brown’s Unlocking Us Podcast (60 min) with guest neuroscientist David Eagleman.

“Making Sense” Podcast with Sam Harris. Harris goes wide and deep on a lot of topics, always with top-notch guests.

Poetry/Art

“Just Wait for the Sun” by Lisa Marks (Reading of the Poem)

Pater Noster (adaptation of ‘Our Father’ prayer) by Jacques Prévert – English translation.

About the In the Know Book Club In this monthly book club, a presenter shares highlights from a book related to leadership, business, neuroscience, or coaching. Membership is not required, and there’s no obligation to pre-read the book. [Register here](#) for upcoming events. For the full set of discussion summaries, [click here](#).