

'CliffsNotes' Book Club Recap

DO YOU LOVE BOOKS ON LEADERSHIP, NEUROSCIENCE, AND BUSINESS, BUT NOT HAVE TIME TO READ ALL THE BOOKS?

Join the '**CliffsNotes' 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. This discussion summary is intended to provide a recap of the conversation at Book Club, rather than serve as a thorough book summary. We'll keep you "in the know" on the latest and greatest concepts and models. **Register here** for upcoming events.



December 2021

Open Mic

The December meeting is an "open mic" format, with each participant sharing books (or other resources and inspiration) with others.

Book Recommendations

- Kari Uman presented on [Switch: How To Change Things When Change is Hard](#), by Dan and Chip Heath. She commented that, while we have all read numerous books on change management, the approach outlined in this book is quite simple—only 3 steps—and the imagery and storytelling is exceptional. "Change is hard because people wear themselves out. What looks like laziness is often exhaustion."
- Janice Shack-Marquez spoke about [Positive Intelligence: Why Only 20% of Teams and Individuals Achieve Their True Potential and How You Can Achieve Yours](#), by Shirzad Chamine, and provided a preview for the January 2022 CliffsNotes Book Club feature book. The book does not speak about mental "health," instead it's about mental "fitness." The book includes exercises to boost your fitness, defined as how we respond to life's challenges with a positive mindset.
- Laura Bowles recommended [High Conflict: Why We Get Trapped and How We Get Out](#) by Amanda Ripley. Laura said that the book filled her with hope and offered concrete ways to address conflict, including strategies for how to de-escalate when in the middle of a struggle. The storytelling is engaging and powerful. Sabre Carroll provided some related wisdom from a boss who would always, always, always assume that the other person is right..."because when you do, your questions change." And asking the right questions leads to making the right decision...
- Mary Power recommended [Atomic Habits](#) by James Clear. The book guides the reader on how to create lasting change by making it a regular practice or routine. The four laws that facilitate lasting change are to make it obvious, make it attractive, make it easy, and make it satisfying.
- Carla Dancy Smith spoke about Brené Brown's hot-off-the press book, [Atlas of the Heart](#). The book provides a map of emotions and is organized into themes, including where we go when things are uncertain, where we go when we make comparisons, etc.
- Jerry Edgley shared a book he's currently reading, [The Fourth Turning](#), by William Strauss and Neil Howe. Published in 1997, this book's subtitle is "an American prophesy." It speaks of four, one-hundred-year periods of history in great detail and is very densely packed with information. (We

may need to wait until Jerry has finished the book to hear whether it's truly 'recommended reading.')

He also mentioned [Keep Sharp: Build a Better Brain at Any Age](#), by Samjay Gupta.

- Departing from the business-book lineup we most typically speak about at book club, Sabre Carroll recommended the novel [Have You Seen Luis Velez?](#) by Catherine Ryan Hyde. It's about a Jewish woman who narrowly escaped the Holocaust, and a young teenager she befriends. It's a story of relationships and what it's like to be different. Sabre said, "When I finished the book, I felt like I had gained a friend and lost a friend at the same time."
- Finally, Adam Grant's end-of-2021 book list <https://adamgrant.bulletin.com/1046137519558936>

Poems

Above there is reflection
Colorful and bright
Dancing in the sunlight
Shimmering at night

Just below the surface
Another world awaits
Holding onto mysteries
Until some future date

Our view will let us marvel
That these two coexist
And think on our experiences
And those we might have missed

The world is full of beauty
And also some surprise
Perhaps it is the future
Reflecting in our eyes

- Robert Longley

What We Remember

by Sonia Checchia (Written in the shower/Unpublished)

What we remember is what went wrong

The split pants

The broken chair

What we remember is what brings us shame

The forgotten line

The messy hair

What we remember is what makes us laugh

The slipped belch

The bold dare

What we remember is that we showed up

Despite being sick

Or one less than a pair

What we remember is what makes us us

An image here, a thought there

Patches and flashes of life

About the Book Club In this monthly 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. This discussion summary is intended to provide a recap of the conversation at Book Club, rather than serve as a thorough book summary. [Register here](#) for upcoming events. For the full set of discussion summaries, [click here](#).