

Further Reading & Resources

Our research draws across psychology, neuroscience, education, conflict resolution, and community organizing. If a topic resonates with you, these books and articles are a great place to continue learning.

Understanding Yourself

Lisa Feldman Barrett

The Theory of Constructed Emotion (2017)

Learn how emotions are constructed by the brain and why distinguishing between physical sensations, emotions, and interpretations can help you respond more intentionally in difficult conversations.

Jon Kabat-Zinn

Wherever You Go, There You Are (1994)

A timeless introduction to mindfulness and cultivating greater awareness of the present moment.

Dennis Greenberger & Christine A. Padesky

Mind Over Mood (2016)

A practical workbook grounded in cognitive behavioral therapy that helps identify and reframe unhelpful thinking patterns.

Kristin Neff

Self-Compassion (2011)

Research-based practices for responding to yourself with kindness instead of self-criticism, especially during moments of failure or discomfort.

Steven C. Hayes, Kirk D. Strosahl, & Kelly G. Wilson

Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (3rd ed., 2023)

An introduction to psychological flexibility and living according to your values rather than your fears.

Listening & Communication

William R. Miller & Stephen Rollnick

Motivational Interviewing: Helping People Change (3rd ed., 2013)

A foundational resource on reflective listening and how curiosity and empathy reduce defensiveness while encouraging meaningful conversations.

Julia Minson, Frances S. Chen, & Catherine H. Tinsley

"Why Won't You Listen to Me? Measuring Receptiveness to Opposing Views" (2020)

Explores how acknowledging uncertainty and accurately representing another person's perspective makes conversations across disagreement more productive.

Michael Yeomans, Julia Minson, Hillary Collins, Frances Chen, & Francesca Gino

"Conversational Receptiveness: Improving Engagement with Opposing Views" (2020)

Shows that small shifts in language can significantly improve how open and receptive we appear during conversations.

J. Håkansson Eklund & Martina S. Meranius

"Toward a Consensus on the Nature of Empathy" (2021)

A comprehensive review of empathy research that explores what empathy is—and what it isn't.

Curiosity & Intellectual Humility

Mark R. Leary and colleagues

"Cognitive and Interpersonal Features of Intellectual Humility" (2017)

Explores how recognizing the limits of our own knowledge supports curiosity, learning, and stronger relationships.

Dan Rothstein & Luz Santana

Make Just One Change (2011)

Introduces the Question Formulation Technique (QFT), a simple framework for generating better questions and becoming a more curious learner.

Melissa Summers and colleagues

"Undergraduate Students Develop Questioning, Creativity, and Collaboration Skills by Using the Question Formulation Technique" (2024)

Demonstrates how practicing question-asking strengthens creativity, collaboration, and critical thinking.

Richard M. Ryan & Edward L. Deci

"Intrinsic and Extrinsic Motivation from a Self-Determination Theory Perspective" (2020)

Explains how autonomy, competence, and connection foster lasting motivation and engagement.

Stories, Dialogue & Connection

Danny Kessler, Despoina Dimitrakopoulou, & Deb Roy

"Hearing Personal Experiences Improves Social Evaluations Compared to Personal Opinions" (2024)

Shows that sharing personal experiences often builds greater trust, empathy, and understanding than simply sharing opinions.

Marshall Ganz

People, Power, Change (2024)

Introduces the Public Narrative framework, showing how stories of self, us, and now help transform individual experiences into collective action.

Brené Brown

Daring Greatly (2012)

Explores how vulnerability—when chosen intentionally and shared within trusting relationships—creates deeper connection and belonging.

Belonging, Identity & Community**Resmaa Menakem**

My Grandmother's Hands (2017)

Examines how trauma is carried in our bodies and how healing can strengthen relationships and communities.

Deb Dana

Anchored (2021)

An accessible introduction to understanding and regulating your nervous system through Polyvagal Theory.

Adrienne Maree Brown

Emergent Strategy (2017)

Invites readers to think about change, relationships, and community through the lens of adaptation, interdependence, and collective care.

Sahaj Kaur Kohli

But What Will People Say? (2024)

Explores mental health, identity, family expectations, and belonging through the experiences of South Asian communities while offering lessons that resonate broadly across cultures.

Expanding Your Perspective**Devon Price**

Laziness Does Not Exist (2021)

Challenges cultural beliefs about productivity, worth, and burnout while encouraging more compassionate ways of understanding ourselves and others.

Devon Price

Unmasking Autism (2022)

Offers insight into neurodiversity, masking, and creating environments where people can show up more authentically.

Jane McGonigal

Imaginable (2022)

Introduces practical exercises for imagining multiple possible futures and building resilience in the face of uncertainty.

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