

## **Suggested Reading**

### **The Adult Years: Mastering the Art of Self-Renewal**

Fredric M. Hudson 1999 Jossey-Bass

### **Amusing Ourselves to Death**

Neil Postman 1985 Penguin Books

### **The Careless Society: Community And It's Counterfeits**

John McKnight 1996 Basic Books

### **Character Strengths and Virtues : A Handbook and Classification**

Christopher Peterson and Martin E. P. Seligman 2004 Oxford University Press

### **The Depression Cure: The 6-Step Program to Beat Depression Without Drugs**

Stephen S. Ilardi 2010 Da Capo Press, Incorporated

### **Dr. Seuss and Philosophy: Oh, The Thinks You Can Think!**

Edited by Jacob Held 2011 Rowman and Littlefield Publishers

### **Flourish: A Visionary New Understanding of Happiness and Well-being**

Martin Seligman 2011 Free Press

### **Four Arguments for the Elimination of Television**

Jerry Mander 1977 Quill

### **How The Way We Talk Can Change The Way We Work**

Robert Kegan and Lisa Laskow Lahey 2001 Jossey-Bass

### **Learned Optimism: How to Change Your Mind and Your Life**

Martin Seligman 2006 Vintage Books

### **Man's Search For Meaning**

Victor Frankl 1946 Available through Beacon Press

### **Mediated: How The Media Shapes Your World And The Way You Live In It**

Thomas De Zengotta 2005 Bloomsbury Publishing

### **On Personal Power: Inner Strength and It's Revolutionary Impact**

Carl Rogers 1977 Delta Books

### **Out of Our Minds: Learning to be Creative**

Ken Robinson 2001 Capstone Publishing

**Plato, not Prozac!: Applying Eternal Wisdom to Everyday Problems**

Lou Marionoff 1999 HarperCollins

**Practical Wisdom: The Right Way to Do the Right Thing**

Barry Schwartz and Kenneth Sharpe 2010 Riverhead Books / Penguin

**The Psychology of Attitude Change and Social Influence**

Philip Zimbardo and Michael R. Leippe 1991 McGraw-Hill

**Understanding Human Nature**

Alfred Adler 1927 Available through One World Publications

**Various Books on Buddhism**

Authors include: Thích Nhất Hạnh, Pema Chodron, Allan Watts...

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Paul Verhaeghe 2012 Scribe Publications

**The Globalization of Addiction: A Study in Poverty of the Spirit**

Bruce K. Alexander 2010 Oxford University Press