

Recommended Reading

I am often asked which book I am reading. This is a collection of books and papers I have read and, in my opinion, are insightful in some way. Some are older, some are new but they are all well worth a read. None of the readings listed below has been sponsored in any way. I look for authors who have a PhD background and have had a senior position in leadership, as their writing can tap into a deep lived experience. However, some readings are just good value on their own merits.

Dr. Judi Newman

| Leadership readings | | | |
|--|--|----------------|-----------------------------|
| Author | Title | ISBN | Category |
| Ruth Wageman, et al | Senior Leadership Teams: What It Takes to Make Them Great | 9781422103364 | High performing teams |
| Susan Scott | Fierce Conversations (2002) | 9780425193372 | Hard conversations |
| Michael Fullan | Motion Leadership: The Skinny on Becoming Change Savvy | 9781742393520 | Change management |
| Jocko Willink & Leif Babin | Extreme Ownership (2017) | 9781250183866 | Leadership by US Navy seals |
| Brene Brown | Dare to Lead (2018) | 9781785042140 | Leadership |
| Dr Spencer Johnson | Who Moved My Cheese | 9780091883768 | Change management |
| Ken Blanchard | The New One Minute Manager | 9780008128043 | Leadership development |
| Jim Collins | Good to Great | 9780066620992 | Leadership development |
| Robert Kriegel & David Brandt | Sacred Cows Make the Best Burgers | 9780756755515 | Change management |
| David Marquet | Turn the Ship Around | 9781608323746 | Change management |
| Dale Carnegie | How to Win Friends and Influence People | 9780732264031 | Leadership development |
| Steven Covey | 7 Habits of Highly Effective People | 9780684858395 | Leadership development |
| Grenny, et al | Influencer | 9780071808873 | Influence |
| William Martin & John Edwards | Schools that Deliver (2016) | 9781506333472 | School leadership |
| Pieter Rossouw & Connie Henson | Brainwise Leadership (2013) | 9 780987576606 | Leadership & Neuroscience |
| Simon Sinek | Why Leaders Eat Last (2014) | 9780670923168 | Leadership |
| Tara Swart et al. | Neuroscience for Leadership | 9781137466853 | Leadership & Neuroscience |
| Tali Sharot | Influential Mind (2018) | 9780349140636 | Influence |
| Nikolads Dimitriadis & Alex Psychogios | Neuroscience for Leaders (2016) | 9780749475512 | Leadership |
| Gary Chapman | The five languages of love | 780802412706 | Relationships |
| Joe Navarro | What everybody is saying | 9780061438295 | Body Language |
| Joseph Grenny et al. | Influencer (2013) | 9780071809795 | Leadership |
| Claudio Feser | When Execution isn't Enough (2016) | 9781119302650 | Leadership |
| Carol Dweck | Mindset: Changing the way you think to fulfil your potential, (2017) | | Growth mindset |

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| Lieberman, M. (2013). | Why our brains are wired to connect. | | Social brain |
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Learning readings

| Author | Title | ISBN | Category |
|-----------------------------|---|---------------|---------------------------|
| Doug Lemov | Teach Like a Champion 2.0 | 9781118898628 | Micro-teaching skills |
| Robert Marzano | The Art and Science of Teaching | 9781416605713 | Quality teaching |
| Harry Lorayne & Jerry Lucas | The Memory Book (1974) | 9780345278081 | Learning and memory |
| David Sousa | How the Brain Learns | 9781741700961 | Neuro-Science |
| Judy Willis | Research based strategies to Ignite Student Learning (2006) | 9781416603702 | NeuroEducation |
| Lynne Kelly | Memory Craft (2021) | 9781643136882 | Memory |
| Jared Cooney Horvath | Stop talking and start influencing (2019) | 9781925335903 | Neuroscience and learning |
| John Coleman | The teacher and the teenage brain (2021) | 9780367435813 | Neuroscience and learning |
| Harry Lorayne | Page a minute memory book (1985) | 9780345410146 | Memory |
| Judi Newman | The eight steps to engage the learner (2022) | | Neuroscience |
| Judi Newman | Turbocharge Your Learning (2019) | | Neuroscience |
| S. Collins, (2016). | Neuroscience for Learning and Development. | | Neuroscience |
| Willis & McTighe, (2019). | Upgrade your Teaching | | Neuroscience |

Applied Neuroscience

| Author | Title | ISBN | Category |
|--------------------------|--------------------------------------|---------------|------------------------|
| John Medina | Brain Rules (2008) | 9780983263371 | Neuroscience |
| Barbara Arrowsmith-Young | The Woman Who Changed Her Brain | 9781448129614 | Learning and the brain |
| John Medina | Brain Rules | 9781921844041 | Neuroscience |
| Bob Deco | The Paleo Perspective | 9781483488172 | Neuroscience |
| Daniel Kahneman | Thinking fast and slow (2011) | 9780141033570 | Cognitive bias |
| Norman Doidge | The Brain that Changes Itself (2010) | | Neuroplasticity |
| Evian Gordon | The brain: From Knowing to Doing. | | Wellness |
| Tory Woolcott et al., | Science Comics The Brain | 9781626728011 | Neuroscience |

| Professional Papers | |
|--------------------------------------|--|
| Researcher | Reference |
| A. Arsten, (1998). | The Biology of Being Frazzled, Science, 280, 1711-1712. |
| D. Coleman et al (2002) | Primal leadership: Learning to lead with emotional intelligence, Harvard Business Review Press. |
| R. Boyatzis, (2012). | Neuroscience and the link between inspirational leadership, Ivy Business Journal. |
| L. Cozolino, (2014). | Our social brain, The Neuropsychologist, 8, 22-23. |
| J. Holt-Lunstad, (2017). | So lonely I could die. American Psychological Association. |
| M. H. Immordino-Yang, et al., (2019) | Nurturing nature: How brain development is inherently social and emotional and what it means for education. Educational Psychologist, 54(3), 185-200. |
| M. Jung-Beeman, et al., (2008). | How insight happens: Learning form the brain, Neuroleadership Journal, 1, 20-25. |
| N. Nicholson, (1998). | How hard wired is human behaviour? Harvard Business School. |
| B. Perry, (2012). | The neurosequential model of therapeutics: An interview with Bruce Perry. The ANZ Journal of Family Therapy, 33(3), 210-218. |
| D. Waldman, et al., (2011). | Leadership and Neuroscience: Can we revolutionise the way that inspirational leaders are identified and developed? The Academy of Management Perspectives, 25(1), 60-74. |
| Y. Wang, (2019). | Pulling at the heart strings: Examining four leadership approaches from the neuroscience perspective. Educational Administrative Quarterly. 55(2), 328-359. |
| J. Willis, (2016). | The neuroscience behind stress and learning. |
| Arsten, A. (2015). | Stress weakens prefrontal networks: Molecular results to higher cognition. Nature Neuroscience, 18(10), 1378-1384. |
| Newman and Purnell (2023). | Reshaping leadership in schools: A Social Neuroscience Lens, 14(1), Archives in Neurology and Neuroscience. |