

Kellow Learning Resources 2015

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1 Why Kellow Learning Resources?

If you search online for 'leadership' 'learning' or 'sustainability' you will find hundreds of thousands of links. There is too much information. I've been there. It's not helpful. That's why I have created a resources list to help you find what you need. KL resources is a very personal collection of books, articles, videos, blogs and other online resources that have helped me to develop my thinking about leadership, learning, and sustainability. I like to explore and uncover the hidden patterns and connections between one topic and another.

KL resources is a very catholic list because I think there are lessons about leadership and sustainability all around us. It's just a matter of opening our eyes and ears. What can we learn about leadership from fiction, film, diaries, painting, music and dance? Quite a lot. All these art forms remind us that there different ways of looking at life's challenges and opportunities. And the ability to hold multiple perspectives is – I think – a key leadership skill.

Leadership and sustainability is complex. We can never know everything that we need to know. But we can get better at asking the right questions. And we can learn how to critically analyse the information that we have uncovered. I hope you find something here that makes you want to ask more questions.

2 How to get the most out of this list

I have grouped the resources under headings that relate to key leadership skills and abilities. There is some overlap between the headings. I've tried to signpost the most obvious connections. I suggest you use the index to find a topic that interests you, and then drill down.

By the way I've read or watched *most* of these resources, but not all. Some are recommendations.

NEW means the item is new to this list since the previous edition.

3 Advocacy, Influencing, and Behaviour Change

NEW Essays, George Orwell, Penguin Modern Classics, reprinted 2000

Includes his famous essay on how to write (Politics and the English Language). Worth reading for the six rules including 'Never use a long word where a short one will do' and 'Never use the passive where you can use the active'. I'm still learning...

NEW The Circle, Dave Eggers, Penguin, 2013

Addicted to your smartphone? Lusting after an Apple watch? Love or loathe social media, you need to read this wicked satire about you know who – the organisations that live off your personal data. Comparisons have been made with Orwell's **1984** and Huxley's **Brave New World**.

To Sell is Human: The Surprising Truth about persuading, convincing, and influencing others, Daniel H Pink, Canongate, 2013

What Pink does very well is describe in one book lots of things you can do to influence people in today's comparatively well informed society. If you only have time to read one book on influencing skills, this is it.

Influence, The Psychology Of Persuasion, Robert B. Cialdini, 2001

Perhaps the most well known book on influencing skills that paved the way for other writers. Cialdini describes the 'Six Weapons of Influence' that I heard a senior official at the European Commission quote to a group of leadership students. If Cialdini is preferred in Brussels, you need to know what he says about influencing people.

Nudge: Improving Decisions about Health, Wealth and Happiness, by Richard Thaler And Cass Sunstein, 2008

Must read book on benevolent paternalism, that has been taken up by the Obama Government in the USA, and the UK Coalition. Thaler and Sunstein believe that it is possible and desirable to influence people's decisions by 'nudging' them in a direction that will be beneficial for them in the long run. Whether or not you like 'nudge theory', if you are interested in behaviour change, this is the book for you.

The Tipping Point: How Little Things Can Make A Big Difference, Malcolm Gladwell, 2002

It seems nearly everyone has read *The Tipping Point*, or pretends to have. Very good examples of behaviour change e.g. how making a crime infested neighbourhood look safer, by replacing broken windows can actually work.

The Hidden Persuaders, Vance Packard, 1957

The original book about the American advertising industry.

See also Leadership and Lobbying in Europe

4 Coaching and Mentoring

See Developing yourself and others

5 Communication Skills, Building Rapport, NLP

NEW It's Not All About Me: The Top Ten Techniques for Building Quick Rapport with Anyone, Robin Dreeke, 2011 For a summary to the ten techniques go to the [Farnam Street Blog](#)

The Farnam Street Blog was recommended to me by a friend who works in CSR, leadership and sustainability. Farnam Street is the only blog that I read on a regular basis – except for the [Kellow Learning Blog](#) of course! The owner of the Farnam Street Blog, Shane, says he is an entrepreneur and wisdom seeker. Shane is much better at finding interesting stuff than I am, and that's why I follow him. Follow him too and [sign up here!](#)

The Seven Habits of Highly Effective People, Steven R Covey, New Edition 2004

Read the chapter on the four levels of communication. Years ago, I resisted reading this book when a friend recommended it to me. I was wrong and she was right.

NLP Solutions: How to model what works in business to make it work for you, Sue Knight, 1999

Sue Knight is the queen of NLP and she writes very well. **NLP Solutions** contains good examples of how to become a better communicator. You don't have to buy into every aspect of NLP to learn from their approach. Sue Knight also has a newer book called '**NLP at Work**' which I have not read, but I am sure it will be good.

6 Cross Cultural Communication

Riding the Waves of Culture: Understanding Cultural Diversity in Business, Fons Trompenaars, 1997 (Revised Edition)

One of the first books on cross cultural communication. Contains some theory and frameworks that you can use to orientate yourself in another culture. Where cultural awareness is concerned however, there is no substitute for personal observation and just immersing yourself in another cultures. Expect to make mistakes, and if in doubt, just ask.

Outliers: The Story of Success, Malcolm Gladwell, 2008

The 'must read' chapter of this book is about how barriers to intercultural communication led to an avoidable Korean Air crash.

Fish Can't See Water: How national culture can make or break your Corporate Strategy, Kai Hammerich and Richard Lewis, Wiley, 2013

According to The Economist, this new book contains both theory and examples of dos and don'ts. Pity Walmart didn't do any research before they rolled out their business in Germany, for example.

Globish: How the English Language became the World's Language, Robert McCrum, 2010

I'm including this book because it references globalisation. I'd give it 3 out of 5 because although he has some interesting things to say about language, McCrum spends a lot of time talking about history. I would have liked more examples of the impact of globalisation on how and why people communicate in English today.

Identity and Violence, Amartya Sen, 2007

In particular I like the chapter on identity, how we can choose to have different identities depending on the situation. Think global complexity, and cross cultural communication.

7 Decision-Making and Ethics

NEW Strategy, A History, Laurence Freedman, OUP, 2013 'Everyone has a plan 'til they get punched in the mouth' Mike Tyson. In a word, 'magisterial'. This book describes strategy development and implementation over the last 2000 years in different countries and contexts. How can Professor Freedman know so much, and write so well?

NEW Losing Small Wars, Frank Ledwidge, Yale, 2012 Insider account of what went wrong for the British Army in Iraq and Afghanistan. I discovered the concept of a 'self-licking lollipop', and realised that many organisations that I have worked for behave just like the army in Iraq. A very painful read that inspired a blog: <http://www.kellowlearning.com/sustainability-leaders-losing-small-wars/>

NEW Shredded, Inside RBS, the Bank that Broke Britain, Ian Fraser, Birlinn, 2014

Blink: The Power Of Thinking Without Thinking, Malcolm Gladwell, 2006

How much information do you need to make a decision? Maybe only three things, Gladwell suggests. A fascinating insight into how we make decisions – or do we?!

Thinking, fast and slow, Daniel Kahneman, 2012

Every day we are faced with decisions – but which is the right decision? Some decisions are evidence based, while others may just ‘feel right’. This book covers similar territory to ‘Blink’, but in a more depth. Much as I revere the author, and am fascinated by the topic, I didn’t find this book an easy read.

Wait: The Art and Science of Delay, Frank Partnoy, 2012

Sometimes it better to wait before taking a decision, and sometimes you just don’t have time to wait.

See also ‘In praise of procrastination’ in ‘The Economist’, a Schumpeter column that reviews Partnoy’s book.

The Ethics Of Climate Change: Right And Wrong In A Warming World, James Garvey, 2008

As a non-philosopher I found this book very helpful. Garvey explains why time and distance weaken our ability to care about what is happening on the other side of the world. Knowing this, what can leaders do to create effective messages about climate change?

Justice: What’s the right thing to do? Michael Sandel , 2010

I bought this after hearing Michael Sandel speak on the radio because he was so persuasive. ‘Justice’ is an excellent introduction to ethical decision making. Full of examples and gently challenging. I also recommend watching his lectures on youtube. He is one of the most skilled presenters I have ever seen.

Gray’s Anatomy: Selected Writing, John Gray, 2009

Britain’s foremost philosopher? Includes articles on globalisation and green conservatism.

To Kill a Mockingbird, Harper Lee, 1960

Much loved novel and film. The hero, Atticus Finch, is a leader and a change maker. He knows his values, is authentic and ‘walks the talk’. The film with Gregory Peck is well done and has a great title sequence.

See also Well-being, Happiness and Loss

8 Developing Yourself and Others

Time to Think: Listening to Ignite the Human Mind, Nancy Kline, first published 1999

I discovered Kline’s book on the reading list for a coaching course that I am taking. At first I could not get on with her, but then I saw the light. We talk too much! Kline’s framework for a thinking session is extremely powerful. I use her incisive questions all the time. The best £6.99 I have spent all year (on Amazon).

Coaching for Performance: GROWing Human Potential and Purpose - the Principles and Practice of Coaching and Leadership, John Whitmore, Fourth Edition

Leaders need coaching skills and this is probably the best, most practical guide to problem solving coaching. Includes the GROW model.

How Managers Can Develop Leaders, Alan Mumford, first published 1993

A practical and easy to read book on learning and how managers can support and encourage team and individual learning. Don't be put off by the date of publication. The content of this book is still relevant.

The Self Factor: The Power of Being You: A Coaching Approach, Duncan Coppock, Findhorn Press, 2005

What the world needs now is probably not another self help book. But I can recommend this one, which made me realise that despite my efforts to help other people, I was certainly not helping myself. And how can you look after other people, if you don't take responsibility for yourself? Simple, really.

The New Leaders: Transforming the art of leadership into the science of results, Daniel Goleman, Richard Boyatzis and Annie McKee. First published 2002

Goleman has made a significant contribution to the conversation about what makes an effective leader. His focus is emotional intelligence. Goleman believes that the best leaders understand the powerful role of emotions in the workplace. This book will make you think about leadership and the importance of personal awareness.

Strengths Finder, Tom Rath, 2007

What are your leadership strengths? Want to find out? Each book comes with a code that gives you access to an on-line self-assessment questionnaire. Once you have completed the questionnaire, you received an electronic report that tells you what your top five strengths are, and what they mean. Cheap at the price!

Steve Jobs: The Exclusive Biography, Walter Isaacson, 2011

Months after finishing this book, I would bore colleagues by asking 'What would Steve Jobs do or say in this situation?' I found this book compelling, even although I did not always like what I was learning about Steve Jobs. Highly recommended.

See also Steve Jobs' TED talk to Stanford Students – 'How to live before you die'.
http://www.ted.com/talks/steve_jobs_how_to_live_before_you_die

9 Innovation and Creativity

NEW Predatory Thinking, Dave Trott, Pan, 2014

Another misleading title dreamt up by the marketing department, no doubt. Nevertheless, Trott's book is full of wisdoms, some original and some ancient, about how to think differently, and how to deal with challenges. I particularly liked Trott's insights into Michelin's approach to marketing. I liked this book as much as I have liked any other in the 'I can help you to be more creative' genre. And it is full of useful quotes for presentations. Most of which I had come across before and forgotten... So thanks for reminding me, Dave.

Quiet: The power of introverts in a world that can't stop talking, Susan Cain, 2012

Introverts can be leaders too. Susan Cain shows how the brain chemistry of introverts and extroverts differs, and how society misunderstands and undervalues introverts. Many people have their best ideas alone, and extroverts don't always have the best ideas. They are just better at promoting themselves. Think about it!

We-Think: Mass Innovation, Not Mass Production: Mass Innovation Not Mass Production, Charles Leadbeater, 2008

A collaborative work, developed on-line, because Leadbeater wanted to demonstrate the power of working in collaborative, virtual teams. Innovative, forward-thinking, and extremely relevant to anyone who works on collaborative virtual team projects.

Intuition Pumps and Other Tools for Thinking, Daniel C Dennett, May 2013

Recommended by a friend of mine who is generally right, though I don't tell him that.

Imagine: How creativity works, Jonah Lehrer 2012

'How do you measure the imagination?' Intriguing subject, made more so following revelations that the quotations from Bob Dylan are invented. Nevertheless this book was well reviewed when it was published and it reads well.

The Rise of the Creative Class Revisited, Richard Florida, 2012

I've not read this but it was very well reviewed in the Financial Times in August 2012. "First published in 2002, "The Rise of the Creative Class" weaved storytelling with reams of cutting-edge research to trace the fundamental theme that runs through a host of seemingly unrelated changes in society: the growing role of creativity in our economy. Now completely revised and updated, "The Rise of the Creative Class Revisited" takes a deeper look at the forces reshaping our economy and provides a provocative new way to think about why we live as we do today - and where we might be heading."

10 Leadership, Learning, and Change

NEW The End of Power, Moisés Naím, Basic Books, 2013 Mark Zuckerberg's first choice for his 'read a book a month' challenge. The title is misleading. What interests Naím is how power is becoming more distributed. This is good for some people, and bad for others. Echoes some of the themes in *The Unfinished Global Revolution* (see below).

NEW The Hemlock Cup, Bettany Hughes, Vintage, 2011 A few things came together for me recently, and I discovered the Socratic model of pedagogy. How is it possible, I ask myself, that I did not know about it before? I have over 20 years experience in leadership and learning, two post graduate qualifications in training and capacity development, and I have never heard a word about it. Fortunately, it seems my preferred way of working is, in the manner of Socrates, but not with his brain obviously, to ask questions. That's all right, then. But I will be asking a few more questions from now on.

NEW Man's Search for Meaning, Viktor E Frankl, Random House, first published 1946. I'm embarrassed to say I hadn't registered Frankl's book about the three years he spent in concentration camps during the Second World War until a friend recommended it to me. Even then I took a while to read it to the end. Frankl writes about day to day life in several camps. In a matter of fact way he describes what happens to people, and how they react. "All efforts and emotions were centered on one task: preserving one's life and that of the other fellow". One of his conclusions is that "fear brings to pass what one is afraid of". So Steve Jobs was right to say to his staff: "Don't be afraid".

Presence: An Exploration Of Profound Change In People, Organisations, And Society, Peter Senge, C. Otto Scharmer, Joseph Jaworski and Betty Sue Flowers, 2005

I am a huge fan of by Peter Senge, and of all the books he has written or contributed to, 'Presence' is probably my favourite. 'Presence' came out at a time when people were beginning to talk more about globalisation and climate change. I learned for the first time about Scharmer's 'U Theory', which is an excellent approach to collaborative problem solving. 'Presence' is subtly challenging to western ways of thinking and decision-making. What if the planet already has the answers to climate change challenges, and all it would take is for us to slow down and listen? If you are interested in leadership, complexity and sustainability, you will enjoy this book.

The Unfinished Global Revolution, Mark Malloch-Brown, 2011

This is the best book I have read about globalisation and what kind of leadership is needed in a globalised world where complexity and uncertainty rule, and cities and third sector organisations are on the rise. Part auto-biography, part summary of what Malloch-Brown has learned from high profile jobs in the UK government and at the United Nations, **The Unfinished Global Revolution** emphasises the need for cross sector partnerships, and global agreements to complex sustainability challenges including climate change.

The Positive Deviant: Sustainability Leadership In A Perverse World, Sara Parkin, 2010
Contains practical leadership theory and models, as well as the visionary stuff.

Lean In: Women, Work, and the Will to Lead, Sheryl Sandberg, W H Allen, 2013 Successful and a little controversial, in that maybe you need to be in the senior management in order to 'Lean-In'.

The Black Swan: The Impact of the Highly Improbable, Nassim Taleb, 2008

Original thinking about how to manage risk and uncertainty. I had to read this book twice to understand it. I was fascinated by the depth and breadth of Taleb's knowledge and experience. To me he comes across as intimidatingly intelligent, and at times, caustic and dismissive.

The Necessary Revolution: How Individuals and Organisations Are Working Together to Create a Sustainable World, Peter M Senge et al, 2010

Case studies about entrepreneurs and businesses that are addressing sustainability changes in different countries. What Senge wrote next after 'Presence'

The Fifth Discipline: The Art and Practice of the Learning Organisation, Peter Senge, Second Edition

I first read Senge's best known work in the 1990s, when I was researching an essay on organisational change. **The Fifth Discipline** turns out to be Systems Thinking. For people who are new to systems thinking, this book is a good place to start. One of Senge's key propositions is that in order to survive, organisations can and must 'learn how to learn' their way out of challenges and difficulties. Although Senge wrote the **The Fifth Discipline** over 20 years ago, his message is even more relevant now in our age of complexity and connectivity.

Understanding Organisations, Charles Handy, Fourth Edition, 1993

A classic text that tells you everything you ever wanted to know about organisations and organisational structure and culture. If you work in the not for profit sector, you might also want to read **Understanding Voluntary Organisations**, also by Handy, which contains some interesting (to me) stuff about 'volunteer delinquency'.

The Starfish and the Spider: The Unstoppable Power of leaderless organisations, Ori Brafman and Rod A Beckstrom, 2007

Tired of reading about what makes a good leader? Try this unconventional book about what drives organisations like Wikipedia. I like the chapter on the 'hidden power of the catalyst' that includes a list of 'Catalyst's Tools'.

Change management for sustainable development - a workbook, Penny Walker, 2006

The Institute of Environmental Management and Assessment (IEMA), Practitioner Volume 8

This is a very practical book on change management in the context of sustainable development and climate change. Packed with tried and tested practical theories and models that leaders can use to help people work toward sustainability goals.

The Farnam Street Blog <http://www.farnamstreetblog.com/>

The Farnam Street Blog is a collection of good thinking about leadership and change from the internet. Subscribing saves you the trouble of looking for good new (and old) ideas. Interestingly I first heard about the this blog through a friend. Then I discovered quite by accident that the guy who runs it sits in an office near my cousin who lives and works on another continent. How's that for globalisation and connectivity?

11 Leadership and Lobbying In Europe

'The Crisis of the European Union: A response 2012', Jurgen Habermass

In my experience, finding a good read about Europe and leadership is quite difficult. The Financial Times recommended this book in June 2012 saying: "Habermas, one of Europe's leading political philosophers and a passionate proponent of European unification, identifies the key weaknesses in the European construction: the fact that it has been an elite project, built over the heads of ordinary citizens".

'Dream on Europe', Article, Gillian Tett, 13 July 2012, Financial Times (FT) Managing Editor

An anthropologist by training, Gillian Tett writes a weekly column in the FT magazine which is frequently about social, economic, communication and governance issues in the USA and beyond. In 'Dream on Europe', Tett regrets the lack vision in Europe, currently.

<http://www.ft.com/cms/s/2/bbb814da-cbb1-11e1-911e-00144feabdc0.html#axzz22HaEE8YU>

Tett's training means that she tends to bring an anthropologist's lens to social and economic issues. Worth buying the FT week-end edition just to read Tett's column, in my opinion. You can read more of Gillian Tett's columns here <http://www.ft.com/comment/columnists/gillian-tett>

The EU needs more democracy—and yet the European Parliament is flawed, Article, 17 March 2012, The Economist: 'For all its flaws, the European parliament is here to stay'.

<http://www.economist.com/node/21550269> Very typical Economist opinion piece on the European Union. You can find more like this on The Economist Website.

The European Dream: How Europe's Vision of the Future is Quietly Eclipsing the American Dream, Jeremy Rifkin, 2004

A very interesting American perception of the differences in vision and values between America and Europe. This book has possibly been overtaken by events, but nevertheless the differences are thought-provoking. The introduction alone is worth reading.

ilobby.Eu, Survival Guide To EU Lobbying, Caroline De Cock, 2010

How to lobby in the European Union.

Machiavelli in Brussels: The Art of Lobbying in the EU, Rinus Van Schendelen, 2002

The inside story of how to get your message across in Brussels by lobbying.

12 Sustainability, Prosperity, Environment

Prosperity without Growth: Economics for a Finite Planet, Tim Jackson, first edition, 2009

Like many other people, Jackson believes that ever-increasing consumption adds little to human happiness. He argues that we will have to devise a path to prosperity that does not rely on continued growth.

The New Economics: A Bigger Picture, David Boyle and Andrew Simms, 2009

An essential guide to understanding new economics from an innovative and respected UK think tank.

Whoops!: Why everyone owes everyone and no one can pay, John Lanchester, 2010.

Highly recommended account of the 2008 financial crash for people like me who don't understand finance.

Why nations fail: The origins of Power, Prosperity and Poverty, Daron Acemoglu and James Robinson, 2012.

Another book that is on my 'books to read list'! Included in the Financial Times Summer Books 2012 list, according to which "The authors start in Tahir Square and reach conclusions that should be comforting to a crisis-hit Europe and an anxious America: sustained prosperity is much harder without strong institutions, nurtured by a democratic society".

Collapse: How Societies Choose to Fail or Survive, Jared Diamond, Penguin, 2005

When I read Collapse I began to 'get' sustainability, limits to growth, the importance of good decision-making. Diamond knows how to tell a story to get his message across.

Here on Earth, Tim Flannery 2011

I bought 'Here on Earth' on strength of a review by Sir Crispin Tickell in the Financial Times: "How lucky we are to be alive ... Tim Flannery tells this extraordinary story ... he brings together planetary history, evolutionary biology, his own practical experience ... a triumph of interdisciplinarity ... deserves to be widely read." And Sir Crispin is right. Flannery covers the tension between competition and collaboration and he is good at explaining science to people like me who tremble at the sight of an equation. I didn't know about Wallace, and I am glad that I do now.

If you like 'Here on Earth' try this: 'The Revenge Of Gaia: Earth's Climate Crisis And The Fate Of Humanity', 2007 James Lovelock. I found Flannery's explanation of Gaia theory very helpful.

What Has Nature Ever Done for Us?, Tony Juniper, Profile Books, 2013

The planet provides lots of services for free. There are chapters on the Birds and the Bees. I'm not trying to be misleading.

Eating Animals, Jonathan Safran Foer, 2011

This book persuaded me to go (almost) vegetarian. I'll never eat chicken again. Foer writes from his own experience. He is thoughtful and challenging but does not preach. We can also learn from Foer how to communicate messages about sustainable development.

A World without Bees, Allison Benjamin and Brian McCallum, 2009

A timely investigation into the decline of the bee population worldwide and the implications of living without bees.

Six Degrees: Our Future On A Hotter Planet, Mark Lynas, 2007

Most people don't know what a difference a few degrees will make. Want to know? Mark Lynas explains in chilling (or is that warming?) detail.

Silent Spring, Rachel Carson, 1962

A landmark work in the history of sustainable development that shows vision, courage and persistence.

13 Systems Thinking and Planetary Boundaries

Thinking in Systems: A Primer, Diana Wright and Donella H Meadows

Possibly the best introduction to systems thinking and how to apply systems thinking to solve problems on scales ranging from the personal to the global. Based on the work of the late Donella Meadows, it has been updated by Diana Wright. See also **The Fifth Discipline** by Peter Senge, and **Limits To Growth: The 30-Year Update**, 2004 by Donella H. Meadows, Jorgen Randers and Dennis L. Meadows.

Let the environment guide our development, Johan Rockstrom, TED talk

http://www.ted.com/talks/johan_rockstrom_let_the_environment_guide_our_development.html

A really useful introduction to the 9 planetary boundaries that are increasingly important as a means to communicate limits to growth. Notice how well Rockstrom communicates complex ideas in language people can understand.

A safe operation space for humanity, Johan Rockstrom and colleagues, NATURE | Vol 461 | 24 September 2009

Identifying and quantifying planetary boundaries that must not be transgressed could help prevent human activities from causing unacceptable environmental change, argue Johan Rockstrom and colleagues. Goes well with the TED talk

The Power of Ten Charles and Ray Eames

<http://www.youtube.com/watch?v=0fKBhvDjuy0&feature=fvsr>

Video made for IBM This short video offers a different perspective on the world. It's retro in feel but the ideas are still relevant.

14 Well-Being, Happiness and Loss

NEW H is for Hawk, Helen Macdonald, Jonathan Cape, 2014 Prize winning account of the author's grieving process for her father. Hard to categorise, this book contains a number of painfully raw narratives about learning and identity. I felt sorry for the Goshawk.

NEW Out of time, Lynne Segal, Verso, 2013 This is a book about how people cope when they get older. I learned more about how women age than men. I got the feeling that Segal thinks men are less good at it. But then men don't live as long. What I like about this book is that Segal introduced me to other writers. See **The House by the Sea** below

NEW The House by the Sea, May Sarton, Norton, 1995, first published 1977 May Sarton was a Belgian, Jewish, Lesbian poet and author who emigrated to America. In her 60s Sarton moved to an isolated house on the coast of Maine. So far so interesting. She writes about friends and lovers, animals, nature, seascapes and landscapes. This is a much gentler version of **H is for Hawk**. I became hooked on this book probably because I share the same foibles with Sarton. She wants her friends to come and visit. But when they do, she can't wait till they leave. The high comedy moments are – I am fairly sure – unintended.

NEW Being Mortal, Illness, Medicine, and What Matters in the End, Atul Gawande, Profile Books, 2014 Atul Gawande is a surgeon and author. He gave the BBC Radio 4 Reith Lecture series entitled 'The Future of Medicine' that based on 'Being Mortal'. What I liked about this book is the way Gawande draws on both his personal and professional experiences. What I learned is that care homes are designed to provide what children want for their parents, not what their parents need. Children want their parents to be safe. Parents need other things, too.

NEW Letters from a Stoic, Seneca, Penguin Edition, 2004 I have a Scottish Higher in Latin from school, but I never appreciated the classics until now. I can't help noticing the similarities between cognitive behavioural therapy (CBT) and Stoicism. So is nothing new under the sun? Not much, it seems. I will be reading a lot more of the classics in 2015.

How much is enough? The Love of Money and the Case for the Good Life, Robert and Edward Skidelsky, 2012

I thoroughly enjoyed a talk that Robert Skidelsky gave in 2012 at the LSE. Robert and his son Edward are refreshingly challenging e.g. Let's forbid people to work more than a certain number of hours per week. They ask questions like 'what is a good life?' and 'What is the purpose of education? To prepare people for work or to lead a good life?'

What Money Can't buy: The Moral Limits of Markets, Michael Sandel, 2012

Michael Sandel teaches philosophy at Harvard and you can watch his lectures on youtube. He is a brilliant facilitator /lecturer. He makes talking about sensitive ethical issues seem easy. For the last 2 years or so he has been working to engage the public in conversations about philosophy e.g. "Should a banker be paid more than a nurse?" 'Should we pay people to lose weight?'

http://www.amazon.co.uk/What-Money-Cant-Buy-Markets/dp/184614471X/ref=sr_1_1?s=books&ie=UTF8&qid=1343929791&sr=1-1

See also 'Justice: What's the right thing to do?' Michael Sandel , 2010 in Section 5, 'Ethics and Decision-making'

The Spirit Level: Why More Equal Societies Almost Always Do Better, Richard Wilkinson and Kate Pickett, 2009

Evidence based book that paints an alarming picture of the links between inequality, poor health, poverty and violence. The research is pretty compelling.

http://www.amazon.co.uk/Spirit-Level-Equality-Better-Everyone/dp/0241954290/ref=sr_1_1?s=books&ie=UTF8&qid=1343929833&sr=1-1

Affluenza, Oliver James, 2007

This book really made me think about the consumer society and my personal values. Oliver James travels to different continents (but not to Africa) studying how people live, what they value, and what individuals think makes them happy. The link to sustainable development is behaviour and values. James introduced me to the concept of commoditisation – treating and valuing yourself and your friends as commodities because they might be useful to your career or for building your self esteem. Horrible!

Do Good Lives Have To Cost The Earth? , Andrew Simms and Joe Smith, 2008

Easy to digest collection of essays on different sustainability topics by a diverse group of people, some of whom may surprise you with their ideas.

The Shrink and the Sage: A Guide to Living, Julian Baggini and Antonia Macaro, 2012

Thought provoking collection of short essays about leadership related questions, such as 'What does it mean to stay true to yourself?' and 'Must we fulfil our potential?'. I look forward to the authors' column that appears every fortnight in the Financial Times Weekend Magazine.

How to Live: A Life of Montaigne in one question and twenty attempts at an answer, Sarah Bakewell, 2011.

Prize-winning portrait of Montaigne, based on his essays. Thought provoking stuff about perceptions, values, and how to cope with uncertainty. Wouldn't you like to have dinner with a man who asks: "When I play with my cat, who knows if I am not a pastime to her, more than she is to me?"

See also the **New Economics Foundation** which is well known for its work in the area of Happiness and Well-Being.

<http://www.neweconomics.org/programmes/well-being>

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