

# RECOMMENDED READING

## March 2021

### OUR ALUMNI AUTHORS...



#### The Flower Girls

Alice Clark-Platts

Three children went out to play. Only two came back.

The Flower Girls. Laurel and Primrose. One convicted of murder, the other given a new identity. Now, nineteen years later, another child has gone missing. And the Flower Girls are about to hit the headlines all over again...

#### About the author

**HSF alumna** Alice Clark-Platts is a former human rights lawyer who has worked on cases involving the rapper Snoop Dogg and Winnie Mandela. Alice writes crime thrillers and short stories. is the author of *The Flower Girls*, *The Taken* and *Bitter Fruits*. *The Taken* was short-listed for the Best Police Procedural in the *Dead Good Awards 2017*. Alice's short stories have been published in numerous works. Her latest, *Lost Boy*, was featured in *Deadlier*, edited by Sophie Hannah. Alice lives in Singapore with her family. She is the founder of *The Singapore Writers' Group*.

#### Girl A

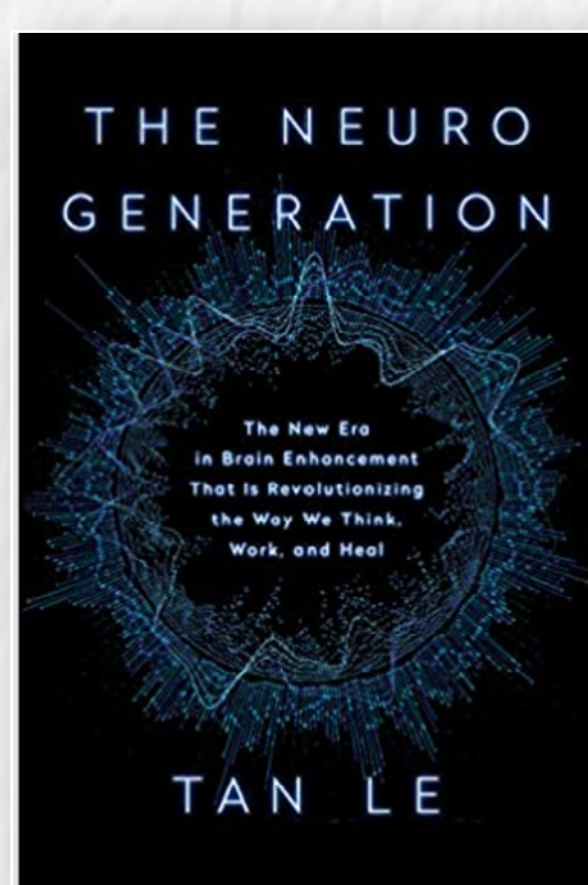
Abigail Dean

The Sunday Times and New York Times global best seller

Lex Gracie doesn't want to think about her family. She doesn't want to think about growing up in her parents' House of Horrors. And she doesn't want to think about her identity as Girl A: the girl who escaped. When her mother dies in prison and leaves Lex and her siblings the family home, she can't run from her past any longer. Together with her sister, Evie, Lex intends to turn the House of Horrors into a force for good. But first she must come to terms with her six siblings - and with the childhood they shared.

#### About the author

**HSF alumna** Abigail Dean was born in Manchester, and grew up in the Peak District. She graduated from Cambridge with a Double First in English. Formerly a Waterstones bookseller, she spent five years as a lawyer in London, and took summer 2018 off to work on her debut novel, *Girl A*, ahead of her thirtieth birthday. She now works as a lawyer for Google, and is currently writing her second novel, *The Conspiracies*.



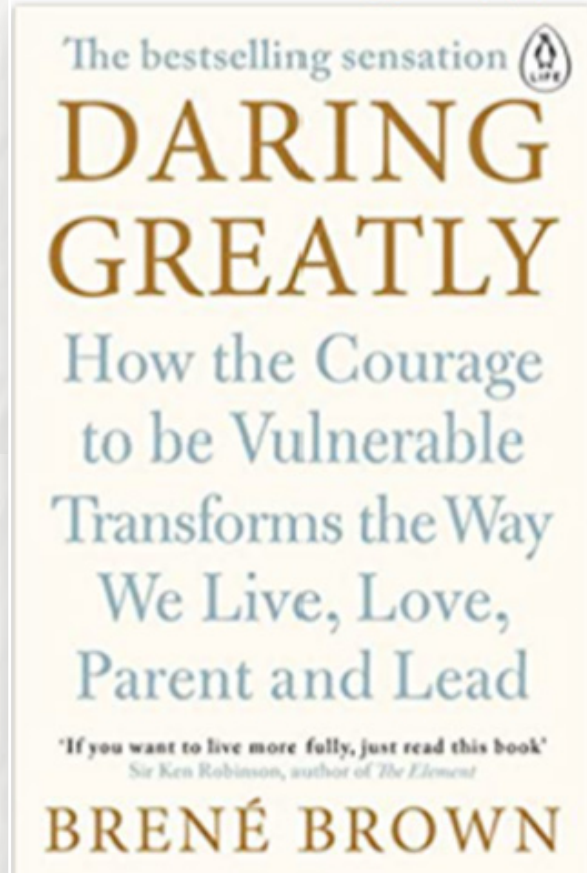
#### The NeuroGeneration: The New Era in Brain Enhancement That Is Revolutionizing the Way We Think, Work, and Heal - Tan Le

In *The NeuroGeneration*, award-winning inventor Tan Le explores exciting advancements in brain science and neurotechnology that are revolutionizing the way we think, work, and heal. Join Le as she criss-crosses the globe, introducing the brilliant neurotech innovators and neuroscientists at the frontiers of brain enhancement. Along the way, she shares incredible stories from individuals whose lives are already being transformed by their inventions—an endurance racer paralysed in a fall, who now walks thanks to neural stimulation and an exoskeleton; a man who drives a race car with his mind; even a colour-blind "cyborg" whose brain implant allows him to "hear" colours.

Le also explores how these futuristic innovations will impact our world, disrupt the way we do business, upend healthcare as we know it, and remake our lives in wondrous and unexpected ways. As fascinating as it is timely, *The NeuroGeneration* offers a thrilling glimpse of the future of our species, and how changing our brains can change human life as we know it.

#### About the author

**HSF alumna** Tan Le is recognized as one of the most influential pioneers in the emerging field of brain-computer interface. An inventor, explorer, and entrepreneur, she is the founder and CEO of EMOTIV, a San Francisco-headquartered neuroinformatics company that is on a mission to improve understanding of the human brain and to develop a platform for researchers, developers, and consumers around the world to be part of a global innovation task force.



#### Daring Greatly: How the courage to be vulnerable transforms the way we live, love, parent and lead - Brené Brown

Every time we are introduced to someone new, try to be creative, or start a difficult conversation, we take a risk. We feel uncertain and exposed. We feel vulnerable. Most of us try to fight those feelings - we strive to appear perfect.

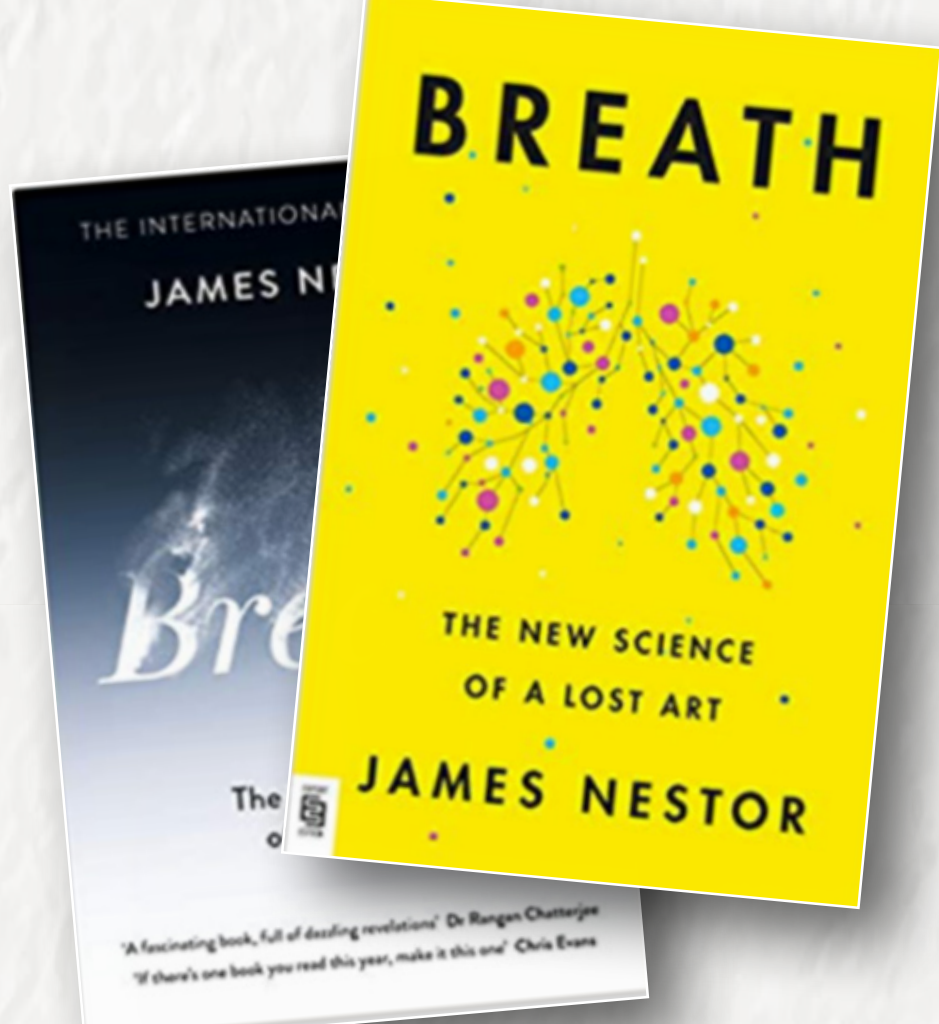
In a powerful new vision Dr Brené Brown challenges everything we think we know about vulnerability, and dispels the widely accepted myth that it's a weakness. She argues that, in truth, vulnerability is strength and when we shut ourselves off from vulnerability - from revealing our true selves - we distance ourselves from the experiences that bring purpose and meaning to our lives.

*Daring Greatly* is the culmination of 12 years of groundbreaking social research, across every area of our lives including home, relationships, work, and parenting. It is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees.

This is vulnerability. This is daring greatly.

#### About the author

**Brené Brown, PhD, LMSW** is a research professor at the University of Houston where she holds the *Huffington Foundation-Brené Brown Endowed Chair at The Graduate College of Social Work*. She has spent the last two decades studying courage, vulnerability, shame and empathy, and is the author of four #1 New York Times bestsellers: *Braving the Wilderness*, *The Gifts of Imperfection*, *Daring Greatly* and *Rising Strong*. Brené's TED talk, *'The Power of Vulnerability'*, is one of the top five most viewed TED talks in the world with 35 million views. Brené lives in Houston, Texas, with her husband, Steve, and their children, Ellen and Charlie.



#### Breath: The new science of a lost art James Nestor

The Sunday Times and New York Times global best seller 2020

A revelatory exploration of a subject universally known

There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In *Breath*, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it.

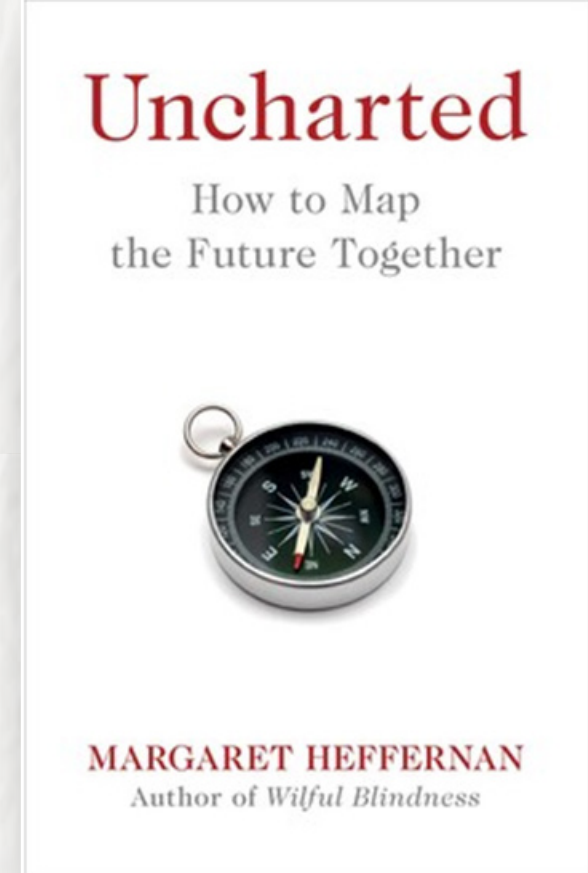
Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance, rejuvenate internal organs, halt snoring, allergies, asthma, and autoimmune disease, and even straighten scoliotic spines. None of this should be possible, and yet it is.

None of this should be possible, and yet it is. Drawing on thousands of years of ancient wisdom and cutting-edge studies in pulmonology, psychology, biochemistry and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

You will never breathe the same again.

#### About the author

**James Nestor** has written for *Scientific American*, *Outside Magazine*, *Men's Journal*, *National Public Radio*, *The New York Times*, and more. His book, *Deep: Freediving, Renegade Science, and What the Ocean Tells Us About Ourselves*, was a finalist for the PEN American Center Best Sports Book of the Year and a BBC Radio 4 Book of the Week. Nestor has appeared on dozens of national radio and television shows, including ABC's *Nightline*, the CBS *Morning News* and NPR. He lives and breathes in San Francisco. More at [mrxamesnestor.com](http://mrxamesnestor.com).



#### Uncharted: How to map the future Margaret Heffernan

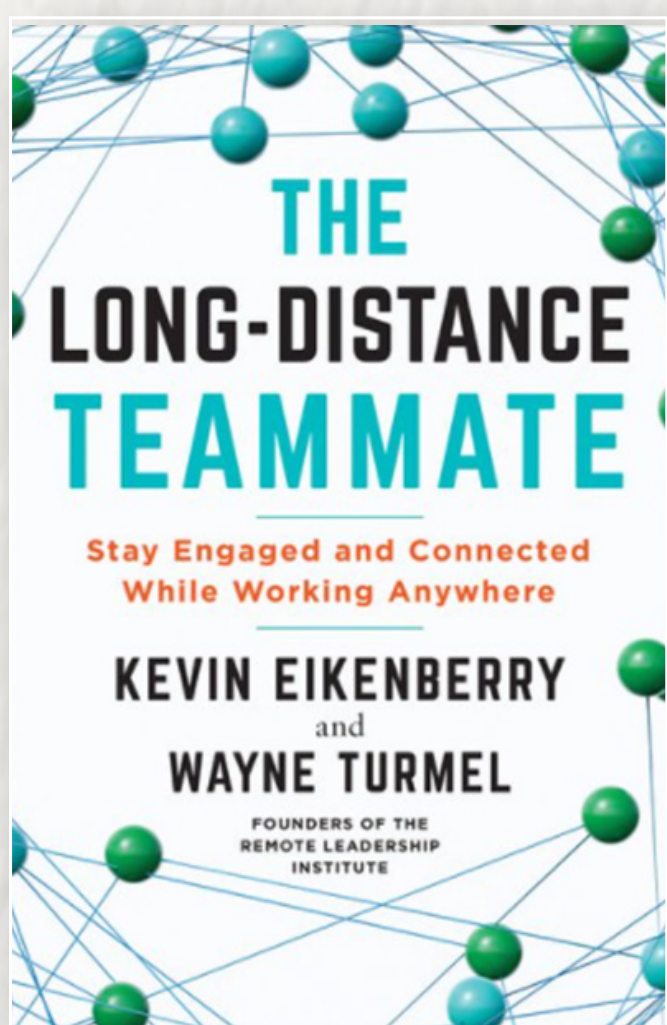
How can we think about the future? What do we need to do - and who do we need to be?

Margaret Heffernan explores the people and organizations who aren't daunted by uncertainty. We are addicted to prediction, desperate for certainty about the future. But the complexity of modern life won't provide that; experts in forecasting are reluctant to look more than 400 days out. History doesn't repeat itself and even genetics won't tell you everything you want to know. Ineradicable uncertainty is now a fact of life.

In complex environments, efficiency is a hazard not a help; being robust is the better, safer option. Drawing on a wide array of people and places, Margaret Heffernan looks at long-term projects developed over generations that could never have been planned the way that they have been run. Experiments, led by individuals and nations, discover new possibilities and options. Radical exercises in forging new futures with wildly diverse participants allow everyone to create outcomes together that none could do alone. Existential crises reveal the vital social component in resilience. Death is certain, but how we approach it impacts the future of those we leave behind. And preparedness - doing everything today that you might need for tomorrow - provides the antidote to passivity and prediction.

#### About the author

**Margaret Heffernan** is one of the UK's most highly regarded thought leaders. She mentors CEOs and senior executives of major global organizations, and is Lead Faculty for the *Forward Institute's Responsible Leadership Programme*. An entrepreneur, CEO and keynote speaker, she is the also author of five previous books: *Beyond Measure*, *A Bigger Prize*, *Wilful Blindness*, *Women on Top* and *The Naked Truth*. The best-selling *Wilful Blindness: Why We Ignore the Obvious at our Peril* was named one of the most important business books of the decade by the *Financial Times*, and was shortlisted for the *FT Business Book Award 2011*.



#### The long-distance teammate: Stay engaged and connected while working anywhere Kevin Eikenberry & Wayne Turmel

What does it mean to "go to work" when you're not actually leaving the house? This is the ultimate guide for remote workers who want to stay engaged as team members, maintain robust work relationships, and keep an eye on their long-term career goals.

Remote work is growing at nearly 30 percent per year in major economies worldwide, meaning there are millions of people who once worked at a central location every day and are now finding themselves facing an entirely new way of working. This book is the best single resource for remote workers for getting work done effectively, building relationships that are both productive and satisfying, and maintaining a career trajectory when they are not in constant close contact with their employer or the organization.

The Long-Distance Teammate aims to tackle three important issues: the dynamics of remote work, the understanding of virtual strengths and vulnerabilities, and the necessary steps to creating appropriate processes

and communication skills. This is a practical guide for both individual workers who want to regain some control over their work and those inside organizations responsible for the ongoing development of their most important resource: people.

#### About the authors

**Kevin Eikenberry** founded the *Kevin Eikenberry Group* in 1993 and is the cofounder of the *Remote Leadership Institute*. He is the creator of the membership-based leadership learning product the *Remarkable Leadership Learning System*. Eikenberry has twice been named one of *Inc.'s Top 100 Leadership and Management Experts in the World*. He is the author or co-author of three Amazon bestsellers: *Remarkable Leadership*, *From Bud to Boss*, and *The Long-Distance Leader*.

**Wayne Turmel** is the cofounder of *Remote Leadership Institute*. Turmel is the author or co-author of seven nonfiction books, including *The Long-Distance Leader* and *Meet Like You Mean It*.

#### Social chemistry: Decoding the patterns of human connection Marissa King

Yale professor Marissa King shows how anyone can build more meaningful and productive relationships based on insights from neuroscience, psychology, and network analytics. Conventional wisdom says it's the size of your network that matters, but social science research has proven there is more to it. King explains that the quality and structure of our relationships has the greatest impact on our personal and professional lives. As she shows, there are three basic types of networks, so readers can see the role they are already playing: Expansionist, Broker, or Convener. This network decoder enables readers to own their network style and modify it for better alignment with their life plans and values.

High-quality connections in your social network strongly predict cognitive functioning, emotional resilience, and satisfaction at work. A well-structured network is likely to boost the quality of your ideas, as well as your pay. Beyond the office, social connections are the lifeblood of

our health and happiness. The compiled results from dozens of previous studies found that our social relationships have an effect on our likelihood of dying prematurely—equivalent to obesity or smoking..

#### About the author

**Marissa King** is professor of *Organizational Behaviour* at the *Yale School of Management*, where she developed and teaches a popular course entitled *Managing Strategic Networks*. Over the past fifteen years, King has studied how people's social networks evolve, what they look like, and why that's significant. Her most recent line of research analyses the individual and group-level behaviours that are necessary for large-scale organizational change. Known to use wearable sensors to enhance traditional social science data, King's research has been featured in outlets such as *The New York Times*, *The Wall Street Journal*, *The Washington Post*, *USA Today*, *U.S. News & World Report*, *Bloomberg Businessweek*, *The Atlantic*, and on *National Public Radio*.

