

Self Help book

reviews

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SPOILERS!!!

You are great at handselling books, but...

Let's start SPOILING self help books!

- People need to know if the book is for them
- You will learn the content more deeply

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Why listen to any of these people?

- Scan reviews. Respected by peers? Popular \neq quality.
- Look for related credentials and/or lived experiences
 - Investigative journalists should verify the quality their sources and make great self help authors
- Look at the original research they are citing
 - Did they represent is accurately?
- You don't have to accept all (or any) of their ideas!
- Keep a look out for the author's bias

make it stick



The Science of Successful Learning

Peter C. Brown

Henry L. Roediger III

Mark A. McDaniel

Confession: I read chapter 1 only

- Learning is: easy come, easy go
- Rote memorization=nope
- Re-reading=also, nope
- Think information out, not in
- Retrieval practice interrupts forgetting and deepens memory

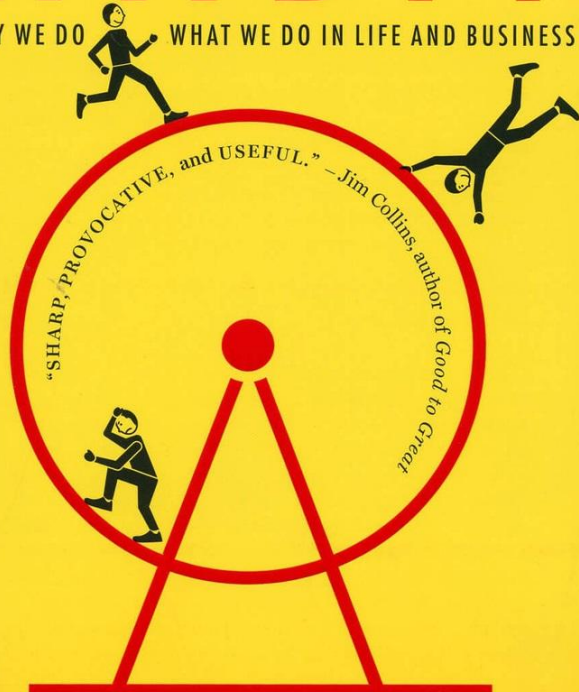
Spoiling books=retrieval practice!

www.retrievalpractice.org/make-it-stick

NEW YORK TIMES BESTSELLER


THE POWER OF HABIT

WHY WE DO WHAT WE DO IN LIFE AND BUSINESS



Charles Duhigg

WITH A NEW AFTERWORD BY THE AUTHOR

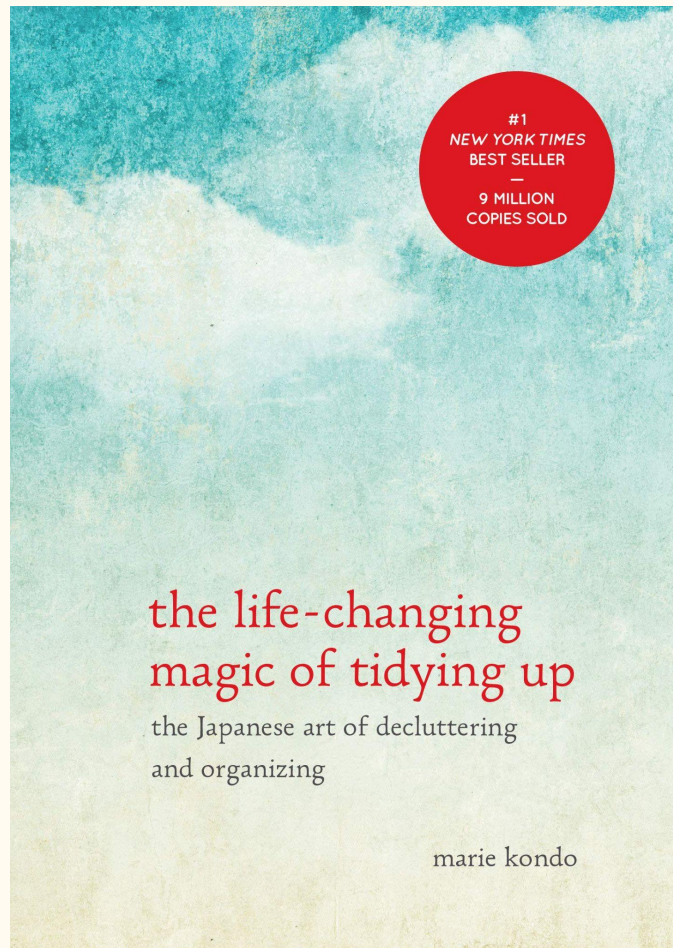
Change habits=>change brain 

Skip to page 276. Target one habit.

Identify the Routine:

Track: Location, time, emotional state, other people, preceding action

- Experiment with the rewards
- Isolate the cue
- Have a plan
- Keep the cue and reward the same
- Focus on changing the middle, until it becomes automatic



As seen on TV!

1. Gather every book in your home into a pile
2. Pick up one at a time. Does it sparks joy?
3. Thank each item for its service in your life
4. Organize the keepers in a way that brings joy
5. Donate/recycle the rest.
6. Repeat with clothing, etc. Photos are last.

BEWARE - not everything that you *should* keep will spark joy (like underwear).

The Science of Trust

EMOTIONAL ATTUNEMENT FOR COUPLES



John M. Gottman, PhD
AUTHOR OF *The Seven Principles for Making Marriage Work*

How to build trust

- Put more pennies in the cup than you remove
- Soft start ups (vs harsh start ups)
- Spend time attuning
- Be reliable and consistent
- Watch for flooding, take a 20 minute break
- Build your relationship house

Avoid blame, defensiveness. Own your part, empathize, demonstrate understanding, apologize.

Definitely read this one.

Probably just own it.

This could go on and on...

Full confession number two:

This Lightning Talk was always a plan B in case we needed to fill time.

That is not what happened at all so we didn't really get to it.

My ulterior motive? Demonstrate that YOU have something valuable to share in a Lightning Talk at an SSD conference and that people *want* to hear from peers. The SSD Conference is an extremely warm and supportive environment to try it!