



# SEVEN Bytes

## SEVEN'S 2023 READING RECOMMENDATIONS

### 1. LEADING IN A NON-LINEAR WORLD

#### BUILDING WELLBEING, STRATEGIC AND INNOVATION MINDSETS FOR THE FUTURE

BY JEAN GOMES

This book describes how our mindset, more than our knowledge and expertise, has the potential to be our greatest asset in facing the future. Jean Gomes reviews the latest brain research revealing that our mindset is the interplay of feeling, thinking, and seeing, and how we can build it to significantly increase our wellbeing and performance.

### 2. ANCHORED

#### HOW TO BEFRIEND YOUR NERVOUS SYSTEM USING POLYVAGAL THEORY

BY DEB DANA

In 'Anchored', Deb Dana shares a down-to-earth presentation of Polyvagal Theory, then brings the science to life with practical, everyday ways to transform your relationship with your body. Using field-tested techniques, Dana helps you master the skills to become more aware of your nervous system moment to moment – and change the way you respond to the great and small challenges of life.

### 3. WAKING THE TIGER

#### HEALING TRAUMA BY PETER LEVINE

'Waking the Tiger' offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatised? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.

### 4. THE FOUR AGREEMENTS

#### A PRACTICAL GUIDE TO PERSONAL FREEDOM

BY DON MIGUEL RUIZ

In 'The Four Agreements', don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec Wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

### 5. RADICAL CURIOSITY

#### QUESTIONING COMMONLY HELD BELIEFS TO IMAGINE FLOURISHING FUTURES

BY SETH GOLDENBERG

In 'Radical Curiosity' Goldenberg argues that because we value knowing above learning and prioritise doing over thinking, curiosity has become an endangered species.

Only by rediscovering the power of questions can we hope to rewrite the commonly held "legacy" narratives that no longer serve us and to reshape our organisations, our politics, and our lives.

### 6. BRAVE NEW WORK

#### ARE YOU READY TO REINVENT YOUR ORGANISATION?

BY AARON DIGNAN

In 'Brave New Work', Aaron Dignan supports teams around the world completely reinvent their operating systems – the fundamental principles and practices that shape their culture – with extraordinary success. He enables them to see that organizations aren't machines to be predicted and controlled. They're complex human systems full of potential waiting to be released. In 'Brave New Work', you'll learn exactly how to reinvent the way you work, not through top-down mandates, but through a groundswell of autonomy, trust, and transparency.

### 7. THE COURAGE TO BE DISLIKED

#### HOW TO FREE YOURSELF, CHANGE YOUR LIFE AND ACHIEVE REAL HAPPINESS

BY ICHIRO KISHIMI AND FUMITAKE KOGA

'The Courage to Be Disliked' reveals you how to unlock the power within yourself to become your best and truest self, change your future and find lasting happiness. Using the theories of Alfred Adler, one of the three giants of 19th-century psychology alongside Freud and Jung, the authors describe how we are all free to determine our own future without of the shackles of past experiences, doubts and the expectations of others.

### 8. SURROUNDED BY IDIOTS

#### THE FOUR TYPES OF HUMAN BEHAVIOR AND HOW TO EFFECTIVELY COMMUNICATE WITH EACH IN BUSINESS (AND IN LIFE)

BY THOMAS ERIKSON

In 'Surrounded by Idiots' author Thomas Erikson explains that there are four types of human behaviours that define how we interact with and perceive the people around us. Understanding an individual's pattern of behaviour is the key to successful communication. Instead of being bogged down with overly technical categorisations, the simple four colour system allows you to speedily identify a friend or co-worker and adjust how you communicate with them.



## 9. THE FIVE DYSFUNCTIONS OF TEAMS

### A LEADERSHIP FABLE

BY PATRICK LENCIONI

In 'The Five Dysfunctions of a Team' Patrick Lencioni turns his keen intellect and storytelling power to the fascinating, complex world of teams. Kathryn Petersen, Decision Tech's CEO, faces the ultimate leadership crisis: Uniting a team in such disarray that it threatens to bring down the entire company. Will she succeed? Will she be fired? Will the company fail? Lencioni's utterly gripping tale serves as a timeless reminder that leadership requires as much courage as it does insight. Just as with his other books, Lencioni has written a compelling fable with a powerful yet deceptively simple message for all those who strive to be exceptional team leaders.

## 10. MINDSET: THE NEW PSYCHOLOGY OF SUCCESS

### HOW WE CAN LEARN TO FULFILL OUR POTENTIAL

BY DR CAROL DWECK

In this brilliant book, Carol Dweck shows how success in school, work, sports, the arts, and almost every area of human endeavour can be dramatically influenced by how we think about our talents and abilities. People with a 'fixed mindset' — those who believe that abilities are fixed — are less likely to flourish than those with a 'growth mindset' — those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.

## 11. DARING GREATLY

### HOW THE COURAGE TO BE VULNERABLE TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AN LEAD

BY BRENE BROWN

In a world where 'never enough' dominates and feeling afraid has become second nature, vulnerability is subversive, uncomfortable and it's even a little dangerous at times. But when we step back and examine our lives, we will find that nothing is as uncomfortable, dangerous, or hurtful as standing on the outside looking in and wondering what it would be like if we had the courage to step into the arena. 'Daring Greatly' is a practice and a powerful vision for letting ourselves be seen.

## 12. YOUR ANXIETY BEAST AND YOU

### A COMPASSIONATE GUIDE TO LIVING IN AN INCREASINGLY ANXIOUS WORLD

BY ERIC GOODMAN

Just like The Beast in the fairy tale 'Beauty and the Beast', anxiety is an emotion that society initially misjudges as the villain. 'Your Anxiety Beast and You' is a kinder, more compassionate approach for people suffering from anxiety. Learn how to cope with your anxiety and train it to be a

better inner-companion through integrating therapeutic methods from compassion-focused therapy, Cognitive Behavioural Therapy and Acceptance and Commitment Therapy (ACT).

[!\[\]\(eabd9f9ababee93effadc3b380fe65fd\_img.jpg\) Podcast – interview with Eric hosted by Ross McIntosh, Business Psychologist with SEVEN](#)

## 13. ALL THAT WE ARE

### UNCOVERING THE HIDDEN TRUTHS BEHIND OUR BEHAVIOUR AT WORK

BY GABRIELLA BRAUN

In this collection of stories, Gabriella Braun shares insights from over twenty years of taking psychoanalysis out of the therapy room and into the staff room. At a time when we are re-thinking the workplace, 'All That We Are' explains that by taking human nature seriously, we can build more humane organisations where people and their work can thrive.

[!\[\]\(f507db636256ac11a5525ef93ec6b8d7\_img.jpg\) Podcast – interview with Gabriella hosted by Ross McIntosh, Business Psychologist with SEVEN](#)

## 14. THE UNBREAKABLE STUDENT

### 6 RULES FOR STAYING SANE AT UNIVERSITY

BY NIC HOOPER

University is a whirlwind of exciting, fresh experiences. But it can also be overwhelming. In this time of massive change, looking after your mental wellbeing is more important than ever. Nic Hooper has witnessed the student mental health crisis unfolding every day on campus and is determined to help. A Psychologist with fifteen years' experience teaching and mentoring young adults, 'The Unbreakable Student' is his guide to navigating your university years and staying sane using 6 simple rules.

[!\[\]\(26cddea01ddf7f002af4ba779c4999ee\_img.jpg\) Podcast – interview with Nic hosted by Ross McIntosh, Business Psychologist with SEVEN](#)

## 15. FACING THE STORM

### USING CBT, MINDFULNESS AND ACCEPTANCE TO BUILD RESILIENCE WHEN YOUR WORLD'S FALLING APART

BY RAY OWEN

'Facing the Storm' is a self-care book which aims to assist readers in dealing with life-changing events and recovering in the face of adversity. Drawing on evidence-based techniques from CBT and mindfulness and acceptance approaches, and a lifetime of experience with people confronting their own death, this book will outline ways to cope better in the face of life's storms. This updated edition reflects recent research and new techniques while also addressing the changing world we have been living in - especially the impact of the Covid-19 pandemic. The book will be of interest to people struggling with the big challenges of life, and for the psychology, health and social care professionals who support them.

[!\[\]\(6cb062c5b0ba577de9349a509584b7fe\_img.jpg\) Podcast – interview with Ray hosted by Ross McIntosh, Business Psychologist with SEVEN](#)

