



Lisa Iverson, MA Counselor/Coach/Consultant

1716 Capitol Way S. Olympia, WA. 98501

360-790-2273 www.lisaiverson.net

My Favorite Resources

Choosing Happiness, Cultivating Resilience, and Utilizing what we know about Neuroscience to Develop Greater Well-Being

How We Choose to be Happy: The 9 Choices of Extremely Happy People by Rick Foster and Greg Hicks

Identifies through cross cultural research the 9 specific attitudes and habits of mind that lead to personal wellbeing, and can be learned. Easy to read anecdotes about individual people they interviewed. Includes a self assessment.

Bouncing Back: Rewiring Your Brain for Maximum Resilience by Linda Graham, MFT

This one is my favorite for those who already have some background in using self directed neuro-plasticity. Full of rich, yet easy to understand concepts and very specific exercises and practices to help achieve deep emotional resilience throughout the life span.

Awakening Joy by James Baraz “Joy is not for the lucky few; it’s a choice anyone can make.”

A classic book about how to “awaken joy” I our lives. Very specific suggestions and practices. A good partner to the first resource listed above. The ideas in *Awakening Joy* are also offered in a 5 month online course of the same name, for a very reasonable price.

<http://www.awakeningjoy.info/aboutTheCourse.html>

Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom by Rick Hanson, PhD and Richard Mendius, MD

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence by Rick Hanson

Rick Hanson, author many books,, also has a website that is chock full of free offerings. He offers the opportunity for a free newsletter called “Just One Thing” and numerous videos explaining in layman’s terms, many key concepts about how “neuro-plasticity” can be used to “help the mind change the brain.”

His audios are great, inexpensive resources with meditations and practices to try through guided imagery and meditations. If you are going to buy one, I suggest the most recent series which is called "Self Directed Brain Change."

<http://www.rickhanson.net/rick-hCanson>

Resources for beginners with mindfulness and meditation

One Minute Mindfulness by Donald Altman

50 simple ways to find peace, clarity and new possibilities in a stressed-out world.

Mindfulness in Plain English by Bhante Henepola Gunaratana

Step by step introduction to meditation and mindfulness.. One of the best!

The Mindful Way Through Depression; Freeing Yourself from Chronic Unhappiness
by Jon Kabat-Zinn

Even if you aren't struggling with depression, this book is a wonderful resource for those first learning the value of meditation. The accompanying CD is great for people just learning how to meditate.

Sharon Salzberg has written numerous helpful books about learning to meditate, but I suggest her audio CD's which include explanations and helpful guided meditations.

<http://www.sharonsalzberg.com/>

This is a Ted Talk called "All it Takes is Ten Minutes to Mindfulness."

http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes.html

Parenting Resources- raising happy and resilient children & teens

Brainstorm: The Power and Purpose of the Teenage Brain by Dan Siegel

The Whole Brain Child; 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive by Dan Siegel

Dan Siegel's website has great resources for parents that utilize his knowledge about brain science in a very understandable way for parents. His website also has video and audio for free. Check out the Wheel of Awareness meditation and the video that explains Dan Siegel's Hand model of the brain, which is something even kids can understand.

<http://www.drdansiegel.com/>

Raising Happiness: Ten Simple Steps for More Joyful Kids and Happier Parents by Christine Carter

- The best way to avoid raising a brat—changing bad habits into good ones.
- tips on how to change your kids' attitude into gratitude.
- the trap of trying to be perfect—and how to stay clear of its pitfalls.
- the right way to praise kids—and why too much of the wrong kind can be just as bad as not enough.
- the spirit of kindness—how to raise kind, compassionate, and loving children.
- strategies for inspiring kids to do boring (but necessary) tasks—and become more self motivated in the process.

Complete with “[try this](#),” science-made-simple tips, scripts, and strategies, *Raising Happiness* is a one-of-a-kind resource that will help you instill joy in your kids, and, in the process, become more joyful yourself.

Christine Carter also has an interesting website and a newsletter.

[www.http://raisinghappiness.com/](http://raisinghappiness.com/)

How Children Succeed: Grit, Curiosity, and the Power of Character by Paul Tough

The Blessings of a B Minus by Wendy Vogel, PhD.

The Price of Privilege by Madeline Levine, PhD.

[NYTimes: What if the Secret to Success Is Failure?](#) by Paul Tough