Reading List for “Navigating the Next 20 Years” Panel

State of Mind

- **Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment** by Martin E. P. Seligman.
  - Also look at the Authentic Happiness website, which includes self-assessment tools and other practical materials.
- **Emotional Intelligence: Why It Can Matter More Than IQ** by Daniel Goleman
- **Flow: The Psychology of Optimal Experience** by Mihaly Csikszentmihalyi
- **The Evolving Self** by Mihaly Csikszentmihalyi
- **Happier** by Tal Ben-Shahar, Ph.D.
- **How To Live: A Search for Wisdom by Old People** by Henry Alford
- **Stumbling on Happiness** by Daniel Gilbert
- **What I Wish I Knew When I Was Twenty** by Tina Seelig
- **True North** by Bill George
- **The Seasons of a Man’s Life** by Daniel Levinson
- **What Makes Us Happy** article in the Atlantic by Joshua Wolf Shenk
- **When Things Fall Apart: Heart Advice for Difficult Times** by Pema Chodron
- The website and associated materials from “The School of Life” a global organization dedicated to developing emotional intelligence. “We apply psychology, philosophy, and culture to everyday life.” Founded by writer/philosopher Alain de Botton.

Work Alternatives

- **Encore** by Marc Freedman
- **Portfolio Life** by David Corbe
- **Your Retirement Your Way** by Alan Bernstein, LCSW, and John Trauth, MBA
- **On Leadership** by John W. Gardner
- **Managing by Defining Moments** by Geoffrey Meredith, Charles Schewe and Alexander Hiam
- **You’re In Charge-Now What?** by Thomas J. Neff & James M. Citrin
- **The Consultant’s Calling: Bringing Who You Are to What You Do** by Geoffrey M. Bellman
- **Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction** by Matthew Kelly

Money

- **The Number** by Lee Eisenberg
- **The Soul of Money** by Lynne Twist
- **Your Money &Your Brain** by Jason Zweig

Health

- **Aging Well** by George Valliant
- **Where Did I Leave My Glasses?** by Martha Weinman Lear
- **Younger Next Year** by Chris Crowley
- **YOU: The Owner’s Manual** by Michael Roizen and Mehmet Oz
• **Passages In Caregiving** by Gail Sheehy

**Parenting**
• **How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success** by Julie Lythcott-Haims, former dean of freshmen and undergraduate advising at Stanford
• **Mindset: The New Psychology of Success** by Carol Dweck, PhD, professor of psychology at Stanford
• **Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood** by Foster W. Cline MD and Jim Fay, educator and popular lecturer to parents. There are a number of other books in the Love and Logic series
• **Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager** by Anthony E. Wolf, PhD
• **When Children Turn Into Cats** article by Adair Lara, San Francisco Chronicle columnist

**Marriage**
• **The Seven Principles for Making Marriage Work: A Practical Guide from the Country’s Foremost Relationship Expert** by John M. Gottman, PhD.

**Inspiration and Models**
• **The Beggar King and the Secret of Happiness** by Ben Izzy
• **Chasing Daylight** by Gene O'Kelly (Stanford MBA ’77)
• **The Last Lecture** by Randy Pausch
• **The Ultimate Gift** by Jim Stovall
• **Man’s Search for Meaning** by Victor Frankl

**Retirement Planning**
• **The Joy of Not Working** by Ernie Zelinski
• **Now, Discover Your Strengths** by Marcus Buckingham
• **Retire Smart, Retire Happy** by Nancy K. Schlossberg
• **Reinventing Yourself** by Sandra Davis and Bill Handsch
• **Getting Things DONE** by David Allen
• **A Long Bright Future: Happiness, Health, and Financial Security in an Age of Increased Longevity** by Laura Carstensen, founding director of the Stanford Center on Longevity.