

PACER 2019

Recommended Books

Richard G. Petty, MD, MSc

The New Science of Learning

Battro, Antonio, M et al. The Educated Brain. Cambridge. Cambridge University Press. 2010

Blakemore, Sarah-Jayne and Frith, Uta. The Learning Brain. New York. Wiley. 2005

Craig, A. D. B. How Do You Feel?: An Interoceptive Moment with Your Neurobiological Self. Princeton, New Jersey, Princeton University Press. 2015

Fuchs, T. Ecology of the Brain: The phenomenology and biology of the embodied mind. Oxford, England, Oxford University Press. 2018

Hohwy J: The Predictive Mind. Oxford, England, Oxford University Press; 2013.

Immordino-Yang, Mary Helen. Emotions, Learning and the Brain. New York. Norton. 2015

Ito, M. The Cerebellum: Brain for an Implicit Self. Upper Saddle River, New Jersey, FT Press. 2012

Jasanof, A. The Biological Mind: How Brain, Body, and Environment Collaborate to Make Us Who We Are. Basic Books. 2018

Jensen, Frances E. The Teenage Brain. New York. Harper. 2015

Klingberg, Torkel. The Learning Brain. Oxford. Oxford University Press. 2012

McGilchrist, I. The Master and His Emissary: The Divided Brain and the Making of the Western World. New Haven, Connecticut, Yale University Press. 2009

McIntyre, C., and Ploski, JE. Emotional Modulation of the Synapse. Frontiers Publications. 2015

Morgan, Nicola. The Amazing Teenage Brain Revealed. New York. Walker. 2013

Moreira-Almeida, A. and F. S. E. Santos. Exploring Frontiers of the Mind-Brain Relationship. Berlin, Germany, Springer. 2012

Nesse, R. M. Good Reasons for Feeling Bad. New York, Dutton. 2019

Northoff G: The Spontaneous Brain. Cambridge, Massachusetts, The MIT Press; 2018.

Panksepp, J. and L. Biven. The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions New York, W.W. Norton & Company. 2012

Porges, S. Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies (Norton Series on Interpersonal Neurobiology) New York. W.W. Norton. 2018

Posner, Michael I and Rothbart, Mary K. Educating the Human Brain. Washington, DC. American Psychological Association. 2006

Prinz, J. J. The Conscious Brain: How Attention Engenders Experience. Oxford, England, Oxford University Press. 2015

Ramachandran, V. S. The Tell-Tale Brain: A Neuroscientist's Quest for What Makes Us Human. New York, W.W. Norton & Company. 2011

Schore, AN. Right Brain Psychotherapy. New York W.W. Norton. 2019

Selwyn, Neil. Education and Technology. New York. Bloomsbury Academic. 2016

Selwyn, Neil. Education in a Digital World. New York. Bloomsbury Academic. 2016

Siegel, D. J. The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We Are. New York, The Guilford Press. 2012

Sousa, David A. How the Brain Learns. New York. Corwin. 2015

Sterling P. and Laughlin, S. Principles of Neural Design. MIT Press. 2015

Tokuhama-Espinosa, Tracey. Five Pillars of Mind. New York. W.W. Norton. 2019

Tokuhama-Espinosa, Tracey. Mind, Brain and Education Science. New York. W.W. Norton. 2010

Tokuhama-Espinosa, Tracey. Neuromyths: Debunking False Ideas About The Brain. New York. W.W. Norton. 2018

Tononi, G. Phi: A Voyage from the Brain to the Soul. New York, Pantheon Books. 2012

Trimble, M. R. The Intentional Brain: Motion, Emotion, and the Development of Modern Neuropsychiatry Baltimore, Maryland, Johns Hopkins University Press. 2016

Tsakiris, M. and Preester, H de. The Interoceptive Mind: From Homeostasis to Awareness. Oxford. 2018

Watzl, S. Structuring Mind: The Nature of Attention and how it Shapes Consciousness. Oxford, England, Oxford University Press. 2017

Whitman, Glenn and Kelleher, Ian. Neuroteach. New York. Rowman & Littlefield Publishing Group Inc. 2015

Wittmann, M. Altered States of Consciousness: Experiences Out of Time and Self. Cambridge, Massachusetts, The MIT Press. 2018

Technology and the Brain

Alter, Adam. Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked. New York. Penguin Books. 2017

Alter, Adam. Drunk Tank Pink: And Other Unexpected Forces That Shape How We Think, Feel, and Behave. New York. Penguin Books. 2013

Carr, Nicholas. The shallows: how the Internet is changing the way we think, read and remember. London: Atlantic. 2010

Dunkley, Victoria. Reset Your Child's Brain. Novato. New World Library 2015

Gazzaley, Adam and Rosby, Larry D. The Distracted Mind. Cambridge. The MIT Press. 2016

Greenfield, Susan. Mind Change. New York. Random House. 2015

Greenfield, Susan. Tomorrow's People. London. Penguin 2004

Kamenetz, Anya. The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life. New York. PublicAffairs. 2018

Kardaras, Nicholas. Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance. New York. St. Martin's Press. 2016

Kersting, Thomas. Disconnected: How To Reconnect Our Digitally Distracted Kids. CreateSpace. 2016

Klingberg, Torkel, The Overflowing Brain: Information Overload and the Limits of Working Memory. New York. Oxford University Press. 2008

Koch, Kathy and Savage, Jill. Screens and Teens: Connecting with Our Kids in a Wireless World. Chicago. Moody Publishers. 2015

McCord, Molly. Conscious Digital Detox: A 10-Day Guidebook to Re-Treat, Re-Meet and Re-Turn to Yourself. Amazon Digital Services LLC. 2016.

Newport, Cal. Deep Work: Rules for Focused Success in a Distracted World. New York. Hachette Book Group. 2016

Newport, Cal. Digital Minimalism. New York. Portfolio. 2019

Oliveira, Arlindo. The Digital Mind: How Science Is Redefining Humanity. Cambridge, Massachusetts. The MIT Press. 2017

Pang, Alex Soojung-Kim. *The Distraction Addiction: Getting the Information You Need and the Communication You Want, Without Enraging Your Family, Annoying Your Colleagues, and Destroying Your Soul*. Boston, Little, Brown and Company. 2013

Perdew, Laura. *Internet Addiction*. Boulder. Essential Library. 2014

Price, Hannah O. (Editor). *Internet Addiction*. New York, Nova Science Publishers. 2011

Price, Catherine. *How to Break Up With Your Phone*. New York, Ten Speed Press. 2018

Spitzer, Manfred. *Digitale Demenz*. Droemer Knaur. 2012

Twenge JM: *iGen*. New York, Atria Books; 2017.

Wu, Tim. *The Attention Merchants*. New York, Vintage. 2016