INDEX

Note: Page references in *italics* refer to exhibits.

Absorption, 87–106
  engagement and, 88–89
  flow and, 89–90
Mindful Engagement Zone, 94, 100
  mindfulness and, 90–92, 101–104
  overview, 12–13, 87–89
  tools for, 94–100
  workplace tactics for mindful engagement, 104–106
Active constructive responding (ACR), 121, 121–122, 125
Adaptation, need for, 25–26
Adler, Rachel, 90
Air Force (Israel), 124–125
Alderfer, Clayton, 20
Aldrin, Buzz, 136
Allende, Isabel, 191
Amabile, Teresa, 80
American Institute of Stress, 68
American Psychological Association, 46, 68
Apollo 11 (NASA), 136
Apple, 34–35, 61, 169
Appreciative Coaching (Orem, Binkert, Clancy), 187–188
Appreciative Inquiry (AI), 179–180
Armstrong, Neil, 94, 136
Asch, Solomon, 162–163, 163
As If principle, 181–182
*The As If Principle* (Wiseman), 182
Attention, 94
Authenticity for relationships, 111–115, 114, 126–127
Autocratic leadership, problems of, 34–35
Aviva, 54
Avolio, Bruce, 60, 131
Awareness, 83–84
Bacon, Sir Francis, 24
Bandura, Albert, 51, 56
Barrett, Colleen, 156–157
Beckett, Samuel, 167
Beckman, David, 48
Begley, Sharon, 174, 194
Benbunan-Fich, Raquel, 90
Benefactor Empowerment Zone, 114, 114–115, 120
Bennis, Warren, 112, 168
Ben-Shahar, Tal
career of, 36–37, 43–44, 53, 123, 165
*Happier and Being Happy*, 7, 139
*The Joy of Leadership*, 9–13
Potentiallife inception and, 6–9
Benson, Herbert, 95–96
Bersin by Deloitte, 116
Best, George, 48
Binkert, Jacqueline, 187–188
Blackburn, Di, 26, 102–103, 133, 188–189, 195
Bloom, Benjamin, 193, 194
Bloomberg View, 98
The Blue Zones (Buettner), 73–75, 78–79, 109, 131
The Blue Zones Solution (Buettner), 166–167
Body language, 106
The Body Shop, 47–49, 129–130, 138–139
Boundarylessness, 17. See also Disaggregated world
Bouskila-Yam, Osnat, 101
Brain
attention and, 94
happiness and, 32
health and, 69, 75, 76, 81
neuroplasticity of, 170–175
ritualizing behavior for permanent change, 184–185
Breaks, importance of, 85
Breathing meditation, 95–96
Brigham Young University, 76
Brin, Sergey, 65
Buckingham, Marcus, 46–49, 58, 62
Buettner, Dan, 73–75, 78–79, 131, 166–167
Buffett, Warren, 153–154
Built to Last (Collins, Porras), 10–11, 131, 143
Bunderson, J. Stuart, 134–135
Butternot Box, 103
Cacioppo, John, 111
Career change, fluid nature of, 17–20, 19
Carter, Ebony, 135
Carter, Jimmy, 144
Cascading failure, 150–151
Center for Creative Leadership, 68
“CEO disease,” 125
Challenge, need for, 93
Change, 161–175, 177–190, 191–196
adaptation and, 25–26
alternative thoughts and behaviors for, 179–180
to become sum total of who you are, 191–196
as constant, 23–26
creating pathways for, 177–178
disaggregation and positive change, 98
obstacles to, 161–171, 163
overview, 13
pathways to, 171–175
for personal flourishing, 16–17, 174–175
picking and leading phase of, 180–183
repetition for, 186–190
strengthening with rituals and reminders, 183–186
10X effect for, 26–27
Charisma, 101
Chen, Jenova, 93
Churchill, Winston, 76–77
Citrin, Jim, 52
Clancy, Ann, 187–188
Index

Clayton, Derek, 70–72
Clifton, Donald, 46–49, 58, 62, 117
Cognitive reframing, 36, 132–135
Cole, Steve, 78
Collins, Jim, 10–11, 131, 143
Commitment, 135–138
Compliments, 117
Conant, Douglas, 135, 145
Conformity, 162–163, 163
Control, myths about, 34–35, 108
Coonerty, Ryan, 20–21
Cooperrider, David, 179–180
Cortisol, 109

Counterclockwise (Langer), 182
Coupe, Mike, 26
Co-working spaces, 20–21
“Crisis of Confidence” (Carter), 144

Crum, Alia J., 69–70
Csikszentmihalyi, Mihaly, 33–34, 89–90, 92–94, 98–99

Culture of mindfulness, 104–106

Cutter, Bowman “Bo,” 15

Czeisler, Charles, 75–76

“Damage control” mind-set, discouraging, 45–49, 64

Damon, William, 131

Davidson, Richard, 173

Dawson, Drew, 75

De Botton, Alain, 184, 187

Detillion, Courtney, 109

Dhabhar, Firdaus, 69

Diener, Ed, 38, 109

Diet, health and, 74–75, 85

Disaggregated world, 3–13, 15–27, 29–39
finding happiness in, 29–39
information fluidity in, 23–26
overview, 3–6, 12, 15–17
people’s fluidity in, 17–20, 19
positive change and, 98
resistance to change and, 161
role fluidity in, 20–23
10X leadership for, 26–27

Distraction, reducing, 105

Distress, 32

Diversity in teams, 61–62

“Does Economic Growth Improve the Human Lot?” (Easterlin), 110

Drucker, Peter, 16, 31

Duhigg, Charles, 187


Dweck, Carol, 168–170

Easterlin, Richard, 110

Edison, Thomas, 168, 192

Edmondson, Amy, 122–124

Elliot, Andrew, 191

Emerson, Ralph Waldo, 145

Emmons, Robert A., 80

Emotion
behavior and change, 181–182
meditation and, 96–97
positive emotions, 97
positive emotions for health, 78–80
“upward spirals” of positive emotion, 122

Emotional contagion, 81
Energy
  depletion and recovery of, 70–73, 84–85
  Energy Creation Zone (ECZ), 70–73
  managing time versus, 68–70
  See also Health
Energy Project, 84
Engagement, 88–89
Entrepreneurship, 17
Eustress, 32, 69
External locus of control, 35–36

Failure in relationships,
  responding to, 120–125, 121
Farson, Richard, 102
Faust, Drew Gilpan, 141
Fear of failure, 167–168
Feedback, 47, 120, 125, 127–128, 189
  The Fifth Discipline (Senge), 25
  Fight-or-flight response, 32–33, 95–96
  Financial incentive, meaning and, 134–135
  Finding Flow (Csikszentmihalyi), 98–99
  Finding Time (Perlow), 165
  The 5 Patterns of Extraordinary Careers (Citron, Smith), 52
Flow
  conditions needed for, 92–94
  defined, 33–34
  overview, 89–90
  for teams, 105–106
  tools for, 94–100
  See also Absorption
  flow versus, 89
Fluidity
  flow versus, 89
  of information, 23–26
  of people, 17–20, 19
  of roles, 20–23
  of workplace, 15–17
Focus. See Absorption
Folkman, Joseph R., 47, 49
Follow Donal (Food Network UK), 67
“Followership,” 22–23
Food Network UK, 67
Forbes, 156
Forstall, Scott, 169–170
Frames of Mind (Gardner), 60
Frankl, Viktor, 131
Fredrickson, Barbara, 78, 80, 97, 122
Freiberg, Kevin, 155
Friendship in workplace,
  107–111
Fulfillment, discovery of,
  36–38
Full Catastrophe Living
  (Kabat-Zinn), 91
The Future and Its Enemies
  (Postrel), 98
Gable, Shelly, 120
Gaiman, Neil, 192
Gallagher, Winifred, 94, 97, 104
Gallup Inc.
  on employees’ engagement in
    work, 31, 118–119
  flow and, 89
  Q^{12}, 45–46, 107, 115
State of the American Workplace, 88–89, 134
Gandhi, Mohandas, 145
Gardner, Howard, 60
“Genius of the AND,” 10–11
George, Bill, 112, 152–155, 163, 192
Geraghty, Joanna, 118
Gilbert, Daniel, 38, 110, 139
Gladding, Rebecca, 174
Globalization, 16
Glynn, Kevin, 87–88, 97, 99–100, 103–104, 107, 179–180, 196
Goals
  appropriateness of, 147
  attainability of, 144
  flow and, 92–94
  purpose and, 135, 138–140
Goleman, Daniel, 125
Good Mood Food (blog), 67
Google, 65, 86
Gottman, John, 112–113
Graham, Katharine, 153–155
Grant, Adam, 141
Gratitude, 115–119
“Gratitude visit,” 118
Great Sioux Nation, as role-fluidity example, 22
Greenblatt, Edy, 72–73
Greenleaf, Robert, 101
Gross National Happiness (GNH), 110
Grow (Stengel), 130–131
Growth mindset, 168–170
Gudith, Daniela, 90
Hackman, Richard, 93–94, 122–123
Hall, Kevin, 166
Hallowell, Ed, 110–111
Handbook of Positive Psychology (Watson), 139
Happier and Being Happy (Ben-Shahar), 7, 139
Happiness, 29–39
discovery of fulfillment for, 36–38
meaning and purpose for, 35–36
overview, 29–30
peak experience for, 33–34
relationships and, 109–110
relationship strength and, 34–35
SHARP implementation for, 38–39
strengths of individuals for, 30–31
stress and, 31–33
success and, 12
Harrison, Lee Hecht, 17
Harter, Jim, 107
Hartland, Jon, 25–26
Harvard University, 7, 36–37, 116–117, 173
See also individual names of professors
Hawthorne Works (Western Electric Company), 116–117
Health
- chronic stress as problem of, 68–70
- depletion and recovery of energy for, 70–73
- identifying areas for improvement, 77–78
- longevity and, 73–77
- managing team energy for, 80–83
- overview, 12–13, 67–68
- positive emotions for, 78–80
- social relationships and, 86, 108–109
- workplace tactics for, 83–86

Health and Safety Executive (UK), 68–69

Heraclitus, 23

Hierarchy of needs, 18–20, 19

Hobbs, Nicholas, 104

Holt–Lunstad, Julianne, 109

*How Full Is Your Bucket?* (Clifton, Rath), 117

*The How of Happiness* (Lyubomirsky), 38

*How to Be Exceptional* (Zenger, Folkman, Sherwin, Steel), 47

*Huffington Post*, 152

“Human moment,” 110–111

Immune system. See Health

Individuals
- changing behavior of, 161–162
  *(See also Change)*
- strengths of, 30–31
- 10X effect for, 20
- Inertia as mind-set, 162–163, 163

Information, fluidity of, 23–26

Inspiration, 142–145

Intelligence
- Dweck on, 169
- Gardner on, 60

Internal locus of control, 35–36

Jacobsen, Lenore, 58–59, 170–171

James, William, 119, 181–182

JetBlue Airways, 117–118

Job crafting, 36, 132–135, 146–147

Jobs, Steve, 34–35, 60–61

John Hopkins University, 123

Joiner, Thomas, 122

*Journal of Neuroscience*, 75

*Journal of Occupational and Environmental Medicine*, 69

*Journal of Staff Development*, 108

“The Journey to Authenticity” (George), 154–155

*The Joy of Leadership* (Ben-Shahar, Ridgway), 9–13

Jung, Carl, 58

“Just do it” (Millman; Nike), 186

Kabat-Zinn, Jon, 91

Kahneman, Daniel, 164

Kanter, Rosabeth Moss, 55

Kasser, Tim, 164

Kaufer, Daniela, 69

Kelleher, Herb, 155–157

Kennedy, John F., 136

King, Laura, 38, 79

King, Rollin, 155

Kitchen Hero (television show), 67
Klocke, Ulrich, 90
Kouzes, Jim, 143

Laird, James, 182
Langer, Ellen, 90–92, 144, 182, 195–196
Lao Tzu, 24
Layton, Bradley, 109

Leadership
charisma and, 101
complexity of, 194
development of, 12
happiness for, 29–39
inspirational leaders, 142–145
leaders as role models, 145
personal flourishing for, 3–9
social media and
“followership,” 22–23
See also Change;
  Disaggregated world;
  SHARP (Strengths, Health,
  Absorption, Relationships,
  Purpose); 10X effect

The Leadership Challenge (Kouzes,
  Posner), 143
Lewin, Kurt, 178
“Lift” (JetBlue Airways), 117–118
Lincoln, Abraham, 168
Listening, 101–104, 106
Littman-Ovadia, Hadassah, 79
Livingston, J. Sterling, 59–60
Locke, Edwin, 93
Locus of control, 35–36
Loehr, Jim, 68, 70, 82–83
Longevity, 73–77, 109, 131
Luthans, Fred, 60, 131
Lyobomirsky, Sonja, 38, 79
Maguire, Eleanor, 172–173
Mamet, David, 181
“Managing Oneself” (Drucker), 31, 47
Man’s Search for Meaning
  (Frankl), 131
Mark, Gloria, 90
Maslow, Abraham, 18–20,
  19, 33
Mastery experiences, 51, 54–57,
  56, 64–65
Matrix of responses, 120–122,
  121
McCullough, Michael E., 80
McKee, Robert, 142
McKinsey & Company, 6–7, 44
McKinsey Quarterly, 161–162
Meaning
  finding, 35–36
  purpose as, 135–138 (See also
  Purpose)
Medellin, Rico, 98–99
Meditation, 95–97, 105–106,
  173, 180–181
Merrill, Ray, 76
Millman, Dan, 183, 186
The Mind & The Brain (Schwartz,
  Begley), 174
Mindful Engagement Zone,
  94, 100
Mindful living, 38
Mindfulness
  culture of mindfulness,
  104–106
  importance of, 90–92
  leadership and,
  101–104
Mindfulness (continued)

Mindful Engagement Zone, 94, 100
neuroplasticity and, 173
tools for, 94–100
workplace tactics for mindful engagement, 104–106
See also Absorption

Mindfulness (Langer), 91–92

Mind-set
fear of failure and, 167–168
growth versus fixed, 168–170
inertia, 162–163, 163
overwork, 163–166
perfectionism, 166–167
underestimating, 162

Mindset (Dweck), 169–170
Mindsight (Siegel), 94–95

Mirror neurons, 81

Multitasking, 90

NASA, 136

National Geographic, 73

Netflix, 151

Neuner, Jeremy, 20–21

Neuroplasticity, 170–175

New York (magazine), 169

New York Times, 169–170

Next American Economy (Roosevelt Institute), 15

NextSpace, 20–21

Nike, 186

Nir, Dina, 79

Nixon, Richard, 154

Now, Discover Your Strengths (Clifton, Buckingham), 46–49, 58, 62

Nuts! (Freiberg), 155

Ohio State University, 34

On Becoming a Leader (Bennis), 112

Optimal relating, 113–115, 114

Orem, Sara, 187–188

Organizations
fluidity of workplace, 15–17
(See also Disaggregated world)
10X effect for individuals and, 20
traditional interpretation of, 24–25

Outsourcing, 16
Overgeneralization, 55
Overwork as mind-set, 163–166

Oxytocin, 109

Page, Larry, 65
Parker, John, 155
Pascual-Leone, Alvaro, 184–185
Passion strengths, 50, 51
Passive constructive responding, 121, 122

The Path to Purpose (Damon), 131, 134–135, 137, 138

Pathways to change. See Change

Peak experience. See Flow

Peak Potential Zone

discovering, 49–54, 52, 64
encouraging, 65
mastery experience and, 57

Pennebaker, James, 79

Perfectionism as mind-set, 166–167
Performance strengths, 50, 51
Perlow, Leslie, 165
Personal flourishing
change and, 16–17, 174–175
defined, 7–9
overview, 3–6
Personal History (Graham), 153
Physical activity
developing routine for, 166
for health, 70–72, 75, 76,
82–83
Picasso, Pablo, 191
Picking and leading phase of
change, 180–183
Plato, 177
Porras, Jerry, 10–11, 131, 143
Positivity
positive emotions, 78–80, 97
for relationships, 111–115,
114, 119–120, 126–127
Posner, Barry, 143
Postrel, Virginia, 98, 99
Potentialife
Appreciative Inquiry (AI),
179–180
forming new pathways to
change with, 178 (See also
Change)
on happiness, 39
inception of, 6–9, 29–30
10X program of, 10–12
Power, myths about, 34–35, 108
The Power of Full Engagement
(Loehr, Schwartz), 68
The Power of Habit (Duhigg), 187
“The Power of
Idealistic-Realism”
(Conant), 135
Prairie dogging, 90
Primal Leadership (Goleman), 125
Psychological Capital (Luthans,
Youssef, Avolio), 131
Psychological safety, 123–124,
127–128
Psychology of leadership,
overview, 7–9. See
also individual theories and
theorists
Purpose, 129–147
finding, 35–36
inspiration and, 142–145
job crafting and, 132–135
as meaning and commitment,
135–138, 137
overview, 12–13, 129–132
Purposeful Life Zone, 138
storytelling for, 140–142
tools for purposeful living,
138–140
workplace tactics for
meaningful work
experience, 145–147
The Purpose-Driven Life
(Warren), 131
Pygmalion Effect, 59, 65,
170–171
“Pygmalion in Management”
(Livingston), 59–60
Q12 (Gallup Inc.), 45–46, 107,
115
Quality of activities, 164–166
Ramachandran, V. S., 81
Rapt (Gallagher), 94, 104
Ratey, John, 76
Rath, Tom, 117
Reagan, Ronald, 144
Recognition, 115–119, 128
Reid, Kathryn, 75
Relationships, 107–128
  authenticity for, 111–115, 114
  Benefactor Empowerment Zone, 114, 114–115, 120
  friendship in workplace, 107–111
  health and, 86, 109–110
  overview, 12–13
  positivity for, 111–115, 114, 119–120
  recognition and gratitude in, 115–119
  relationship strength, 34–35
  responding to success and failure in, 120–125, 121
  synergy in, 152
  workplace tactics for, 125–128
The Relaxation Response (Benson), 95–96
Religion for Atheists (de Botton), 184
Reminders, 183–186
Repetition, 186–190
Rest, 75–77, 85
Restore Yourself (Greenblatt), 72–73
“Rethinking Stress” (Crum), 70
Ridgway, Angus
  career of, 44–45, 72, 81, 124, 137–138, 192
  The Joy of Leadership, 9–13
  Potentialife inception and, 6–9
The Rise of the Naked Economy (Coonertey, Neuner), 20–21
Rituals, 183–186
Roddick, Anita, 47–49, 129–130, 138–139
Rogers, Carl, 102
Role models, leaders as, 145
Roosevelt Institute, 15
Rosenthal, Robert, 58–59, 170–171
Rotter, Julian, 35–36
Rules, flow and, 93
Running to the Top (Clayton), 71
Sainsbury, John James, 25
Sainsbury’s (supermarket chain), 25–26, 62–63
Schwartz, Jeffrey, 174, 194
Schwartz, Tony, 68, 70, 82–84
Scientific American, 169
“Screen off, mind on,” 105
Search Inside Yourself (Tan), 95
“The Secrets of Living Longer” (Buettner), 73
Self-confidence, building, 51, 54–57, 56
Self-directed neuroplasticity, 174
Self-management, 31, 47
Seligman, Martin, 109, 118
Selye, Hans, 31–32, 69
Senge, Peter, 25
Sensitive listening, 102
Servant leadership, 101–102
Seventh-Day Adventists, 74, 75
Shafir, Rebecca, 103
SHARP (Strengths, Health, Absorption, Relationships, Purpose)
  absorption (SHARPenning moment), 100
### Index

| Balanced approach to | The State of Employee Recognition in 2012 (Bersin by Deloitte) |
|----------------------|-----------------------------------------------------------------
|                      | 149–158                                                          |
| Defined              | 11–12                                                             |
| Health (SHARPening moment) | 77–78                                      |
| Implementing, for happiness | 38–39                                      |
| Overview             | 12–13                                                             |
| Purpose (SHARPening moment) | 140                                      |
| Relationships (SHARPening moment) | 119–120                  |
| Strengths (SHARPening Moment) | 51                                      |
| See also Absorption; Health; Purpose; Relationships; Strengths |

| Sherwin, Robert H. | 47                                                               |
| Siegel, Daniel    | 94–95                                                            |
| Skehan, Donal     | 67–68, 76, 82, 150, 167, 178, 195                                |
| Smith, Richard    | 52                                                               |
| Smith, Timothy    | 109                                                              |
| “Social Aims” (Emerson) | 145                                      |

| Social media leadership and “followership” in, 22–23 |
| Relationships and, 111, 117–118 |
| Socrates, 177 |
| Sorkin, Aaron, 181 |
| Southwest Airlines, 155–157 |
| Spark (Ratey), 76 |
| Spencer Stuart, 52 |
| Srivastva, Suresh, 179 |
| Stanford University, 69–70 |

| State of the American Workplace (Gallup), 88–89, 134 |
| Steel, Barbara A., 47 |
| Stefanyszyn, Karen, 54, 135 |
| Stengel, Jim, 130–131 |
| Storytelling, 140–142, 147 |

| Strengths, 43–66 building self-confidence and, 51, 54–57, 56 |
| Discovering Peak Potential Zone, 49–54, 52, 64 |
| Focusing on, 43–45, 65–66 |
| Leading with, 58–60 |
| Making connections for, 60–63 |
| Myths about weakness, 30–31 |
| Overview, 12–13 |
| Recognizing, 45–49 |
| Workplace tactics for strengths-based leadership, 63–66 |

| Stress advantages of, 31–33 |
| Chronic stress as health problem, 68–70 |
| Meditation for, 95–97 |
| Relationships in workplace for reducing, 108, 109 |

| Stumbling on Happiness (Gilbert), 37 |

| Success recalling successes, 180 |
| In relationships, 120–125, 121 (See also Relationships) |

| Synergy, 151–157 |
Tan, Chade-Meng, 95

Taxonomy of Educational Objectives (Bloom), 193, 193, 194

Taylor, John, 62–63

Tchaikovsky, P., 191

Teams

culture of mindfulness for, 104–106
diversity in, 61–62
effectiveness of, 122–123
managing team energy for health, 80–83

10X effect

balanced approach to, 149–158
for changing behavior, 161–162
for changing workplace, 26–27
for growth, 191–196
for individuals and organizations, 20

The Joy of Leadership (Ben-Shahar, Ridgway) on, 9–13

overview, 3–6, 12–13
Potentialife inception and, 6–9, 29–30
program length, 185
self-leadership and, 17

See also SHARP (Strengths, Health, Absorption, Relationships, Purpose)

Tepper, Bennett J., 34

Thich Nhat Hanh, 38

Thompson, Jeffery A., 134–135

Thrash, Todd, 191

3M Company, 141–142

360-degree feedback, 47

Time affluence/poverty, 164

Time management, managing energy versus, 68–70

“Top-down attention,” 94

Towers Perrin, 88

Tucker, Anita, 123–124

24/7 Wall St. (website), 108

Tyler, Tom, 102

“Tyranny of the OR,” 10

Uber Technologies, 16

Unfreezing tactics, 179–180

University of California—Berkeley, 69. See also individual professors

“Upward spirals,” 122

U.S. Bureau of Labor Statistics, 17

The Verdict (film), 181

Vision, 145–146

Wagner, Rodd, 107

Warren, Rick, 131

Washington Post, 153–155

Watson, David, 139

Wawrinka, Stanislas, 167

The Way of the Peaceful Warrior (Millman), 183

Weakness, myths about, 30–31

Weight loss, perfectionism and, 166

Welch, Jack, 143, 151

Western Electric Company, 116–117

The West Wing (television show), 181

Williams, Mark, 96–97
<table>
<thead>
<tr>
<th>Name</th>
<th>Page(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wiseman, Richard</td>
<td>182</td>
</tr>
<tr>
<td>Woollett, Katherine</td>
<td>172–173</td>
</tr>
<tr>
<td>Workplace</td>
<td></td>
</tr>
<tr>
<td>as disaggregated world</td>
<td>3–6, 12, 15–27, 19</td>
</tr>
<tr>
<td>friendship in</td>
<td>107–111 (See also Relationships)</td>
</tr>
<tr>
<td>as psychologically safe environment</td>
<td>123–124, 127–128</td>
</tr>
<tr>
<td>Worstward Ho (Beckett)</td>
<td>167</td>
</tr>
<tr>
<td>Wozniak, Steve</td>
<td>61</td>
</tr>
<tr>
<td>Wrzesniewski, Amy</td>
<td>36, 132–133, 140–147</td>
</tr>
<tr>
<td>Yale University</td>
<td>36</td>
</tr>
<tr>
<td>You Are Not Your Brain (Schwartz, Gladding)</td>
<td>174</td>
</tr>
<tr>
<td>Youssef, Carolyn M.</td>
<td>131</td>
</tr>
<tr>
<td>Zenger, John H.</td>
<td>47, 49</td>
</tr>
<tr>
<td>The Zen of Listening (Shafir)</td>
<td>103</td>
</tr>
</tbody>
</table>