



Further Reading, Viewing, and Listening

In addition to the many sources cited in *The Little Book of Listening: Listening as a Radical Act of Love, Justice, Healing, and Transformation*, you may want to dip into the following resources.

- Banaji, M. R. R., & Greenwald, A. G. (2016, August 16). *Blindspot: Hidden Biases of Good People* (Reprint). Random House Publishing Group.
- Block, P. (2018, July 17). *Community: The Structure of Belonging* (2nd ed.). Berrett-Koehler Publishers.
- Brady, M. (2003, June 15). *The Wisdom of Listening* (Later prt.). Wisdom Publications.
- Brady, M. (2014, November 3). *Noble Listening: Contemplative Practices for Fostering Kindness and Compassion*. CreateSpace Independent Publishing Platform.
- Brady, M. (2014, December 10). *Fierce Listening: Advanced Teachings for Deepening Practice*. CreateSpace Independent Publishing Platform.
- Brady, M. (2016, July 15). *Sacred Listening: Further Teachings for Deepening Practice (Tao of Listening Trilogy)*. CreateSpace Independent Publishing Platform.
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- Brown, B. (2012, September 11). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (1st ed.). Avery.
- Brown, B. (2017, April 4). *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead*(Reprint). Random House.
- Brown, B. (2019, August 27). *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*(Reprint). Random House Trade Paperbacks.
- Brown, B.
- Cain, S. (2013, January 29). *Quiet: The Power of Introverts in a World That Can't Stop Talking* (0 ed.). Crown.
- Donoghue, P. J., Siegel, M. E., Wunder, M., & Pen and Ben Press. (2019, November 19). *Are You Really Listening?: Keys to Successful Communication*. Pen and Ben Press.
- Fisher, R., Ury, W. L., & Patton, B. (2011, May 3). *Getting to Yes: Negotiating Agreement Without Giving In* (3rd Revised ed.). Penguin Publishing Group.
- Fromm, E. (1998, September 1). *The Art of Listening* (1st ed.). Continuum.
- Hersey, T., & Little, B. S. (2022, October 11). *Rest Is Resistance: A Manifesto*. Little, Brown Spark.
- Hoffman, G. K., & Manousos, A. (2003, January 1). *Compassionate Listening and Other Writings*. Friends Bulletin.
- Hooks, B. (2003, August 25). *Teaching Community: A Pedagogy of Hope* (1st ed.). Routledge.

- Hopkins, B., & Masters, G. (2003, November 15). *Just Schools: A Whole School Approach to Restorative Justice* (1st ed.). Jessica Kingsley Publishers.
- Janoff, S., & Weisbord, M. (2012, December 28). *Don't Just Do Something, Stand There!: Ten Principles for Leading Meetings That Matter* (16th ed.). ReadHowYouWant.
- Kimmerer, R. W. (2015, August 11). *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* (First Paperback). Milkweed Editions.
- Langer, E. J. (2009, May 19). *Counterclockwise: Mindful Health and the Power of Possibility* (1st ed.). Ballantine Books.
- Langer, E. J. (2014, October 14). *Mindfulness (25th anniversary edition) (A Merloyd Lawrence Book)* (Special). Da Capo Lifelong Books.
- LeClaire, A. D. (2009, February 10). *Listening Below the Noise: A Meditation on the Practice of Silence* (Illustrated). Harper.
- Lindahl, K. (2012, June 20). *Practicing the Sacred Art of Listening: A Guide to Enrich Your Relationships and Kindle Your Spiritual Life (The Art of Spiritual Living)* (1st ed.). SkyLight Paths.
- Lindahl, K. (2014, May 8). *The Sacred Art of Listening: Forty Reflections for Cultivating a Spiritual Practice (16pt Large Print Edition)* (Large type / Large print). ReadHowYouWant.
- Lipsky, V. L. D., & Burk, C. (2009, May 4). *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* (1st ed.). Berrett-Koehler Publishers.
- Murphy, K. (2020, August 3). *You're Not Listening: What You're Missing and Why It Matters* (Reprint). Celadon Books.
- Murthy, Vivek. (2020). *Together: The Power of Human Connection in A Sometimes Lonely World* New York: {Harper Collins
- Nepo, M. (2013, October 8). *Seven Thousand Ways to Listen: Staying Close to What Is Sacred* (Reprint). Atria Books.
- Nichols, M. P., & Strauss, M. B. (2021, March 24). *The Lost Art of Listening: How Learning to Listen Can Improve Relationships* (Second). The Guilford Press.
- O'Dea, J. (2014, December 9). *The Conscious Activist: Where Activism Meets Mysticism* (1st ed.). Watkins Publishing.
- Remen, R. N. (2000, April 10). *My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging*. Riverhead Hardcover.
- Remen, R. N. (2006, August 1). *Kitchen Table Wisdom: Stories that Heal, 10th Anniversary Edition* (10th Anniversary ed.). Riverhead Books.
- Rosenberg, M. (2022, October 16). *Nonviolent Communication: A Language of Life second edition, 2003*. the LatestEdition.
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- Stone, D., Patton, B., Heen, S., & Fisher, R. (2010). *Difficult Conversations: How to Discuss What Matters Most*. Van Haren Publishing.
- Taberner, K. (2015, May 5). *The Power of Curiosity: How to Have Real Conversations that create Collaboration, Innovation and Understanding*. Morgan James Publishing.
- Tannen, D. (2007, February 6). *You Just Don't Understand: Women and Men in Conversation* (1st ed.). William Morrow Paperbacks.

Tannen, D. (2011, July 5). *That's Not What I Meant!: How Conversational Style Makes or Breaks Relationships*(Reissue,Reprint). William Morrow Paperbacks.

Wheatley, M. J. (2006, September 3). *Leadership and the New Science: Discovering Order in a Chaotic World* (3rd ed.). Berrett-Koehler Publishers.

Wheatley, M. J. (2017, June 19). *Who Do We Choose to Be?: Facing Reality, Claiming Leadership, Restoring Sanity*. Berrett-Koehler Publishers.

Van Der Kolk, Bessel. (2015) , *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books

Websites

The International Listening Association: Information and Articles on Listening.

<https://www.listen.org/>

The Daily Good: thedailygood.org. A daily dose of good news, cutting-edge research, great interviews, delivered to your Inbox

Project Implicit: Free, short tests to examine our own implicit biases in key areas:

<https://implicit.harvard.edu/implicit/>

Creating Sanctuary: To explore the impact of trauma and Sandra Bloom's sanctuary model and some publications for healing:

<https://www.thesanctuaryinstitute.org/about-us/the-sanctuary-model/>

TED Talks, YouTube videos, and Podcasts

Sharon Browning, [How To Listen Now](#) 5 short videos on how to heal relationships, bridge divides, and promote

understanding. https://www.youtube.com/watch?v=59cuwBNLAXs&list=PLDIIud2VT4wB4E1VuyF_udaE65pXYO_cW

Sharon Browning: [Listening is an Act of Love](#). R.O.G Podcast with Shannon Cassidy. Episode 80. <https://bridgebetween.com/episode-80-sharon-browning-listening-an-act-of-love/>

[The Green Line: JUST Listening in Israel and Palestine](#). This video documents a JUST Listening trip to Israel/Palestine by mediators who are members of the Association For Conflict Resolution.

Differences Between the Sympathetic and Parasympathetic Nervous Systems

<https://study.com/academy/lesson/the-sympathetic-and-parasympathetic-nervous-systems.html>

[Why people talk to themselves: Our Inner Monologue](#)

<https://www.youtube.com/watch?v=4JKh18nVaHg>

Brene Brown: Sympathy vs Empathy:

<https://www.youtube.com/watch?v=1Evwgu369Jw&t=25s>

Brene Brown: The Power of Vulnerability: <https://www.youtube.com/watch?v=iCvmsMzIF7o>

Brene Brown: The Anatomy of Trust

<https://www.youtube.com/watch?v=XGpm7efVJcA&t=99s>

Susan Cain: The Power of Introverts

https://www.ted.com/talks/susan_cain_the_power_of_introverts

Celeste Headlee: 10 Ways To Have A Better Conversation

https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?language=en

Dewitt Jones: Celebrate What's Right in the World

[.https://www.youtube.com/watch?v=gD_1Eh6rqf8&t=54s](https://www.youtube.com/watch?v=gD_1Eh6rqf8&t=54s)

Tara Brach: Listening with the Ears of the Heart

<https://www.youtube.com/watch?v=gFaXz9M0vrQ>

Articles of Interest

Charles Eisenstein: Scale in The Story of Interbeing

<https://www.youtube.com/watch?v=4JKh18nVaHg>

Jonah Lehrer. Groupthink: The Brainstorming Myth

<https://www.newyorker.com/magazine/2012/01/30/groupthink>

Margaret Wheatley and Myron Kellner-Roger. "Bringing Life To Organizational Change"

<https://www.dailygood.org/story/1930/bringing-life-to-organizational-change-margaret-wheatley-myron-kellner-roger/>

Brendan Ueland. ["Tell Me More: On the Fine Art of Listening."](#) *Strength To our Sword Arm: Selected Writings*

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.skousen.name/HTMLobj-563/Tell_Me_More.pdf

Miscellaneous Articles: Interdisciplinary Perspectives

Art Markman, ["Six Ways to Help People Change"](#)

<https://www.dailygood.org/story/1243/six-ways-to-help-people-change-art-markman/>

Emilian Simon-Thomas, ["Measuring Compassion in the Body"](#)

<https://www.dailygood.org/story/1017/measuring-compassion-in-the-body-emiliana-r-simon-thomas/>

Jill Suttie, ["How Our Bodies React to Seeing Goodness."](#)

- <https://www.dailygood.org/story/1071/how-our-bodies-react-to-seeing-goodness-jill-suttie/>

Specific Subject Area Articles:

- Sharon Browning and Roberta Waite, ["The Gift of Listening: JUST Listening Strategies,"](#) *Nursing Forum*, August 2010 (On the impact of listening on patient care) Contact Sharon Browning for limited use of article.
- Paula Denton, ["The Power of Listening"](#), *Virginia Journal of Education*, November 2007 (In teaching context)
- Paul Glen, ["The Hazards of Literal Listening."](#) *Computerworld*, March 11, 2013 (On communication between IT people and other staff)
- P Liehr, ["Uncovering a hidden language: the effects of listening and talking on blood pressure and heart rate."](#) *Arch Psychiatric Nursing*, October 1992
- Henning Mankell, "The Art of Listening: Africa".
- Deborah Tannen: ["The Power of Talk: Who Gets Heard and Why"](#), *Harvard Business review*, September-October 1995

JUST Listening articles and reflections

- [JUST Listening Blog](#) for postings on a variety of topics
- Sharon Browning, "[JUST Listening.](#)" *Gift of Grace*, Spring 2009
- Sharon Browning, "The World Is Wept: JUST Listening in Israel and Palestine."
- Donna Duffey, "[How Listening Gave Me My Sight](#)". *Gift of Grace*, Spring 2013