

Resources and comments provided by Christine Porath

Haven't listened to yet, but seems on point, the first one--Hidden Brain (NPR) podcast likely being the best and most informative:

<https://hiddenbrain.org/podcast/the-easiest-person-to-fool/>

<https://podcasts.apple.com/ca/podcast/adam-grant-on-the-power-of-an-open-mind/id1550387736?i=1000513361378>

<https://www.msnbc.com/the-week/watch/the-importance-of-keeping-an-open-mind-in-a-changing-world-110401093632>

Here are some other resources---many of which I may have mentioned:

Here are a few resources that I mentioned and may be of interest:

<https://hbr.org/2022/11/frontline-work-when-everyone-is-angry>
[WorkWell](#) podcast

[Video on Radical Candor](#) by Kim Scott and [Radical Candor](#) book by Kim Scott

Tasha Eurich TED talk on Self Awareness

[Insight by Tasha Eurich](#)

[Joy of Movement](#) by Kelly McGonical

[Fearless Organization](#) by Amy Edmondson - she also has articles and TED talks. [TED talk on how to turn strangers into a team](#)

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Adam Grant on Becoming Friends you're your

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

Porath, C., & Porath, M. 2020. How to Thrive When Everything Feels Terrible: Five strategies to combat toxic negativity. *Harvard Business Review*, October 30. <https://hbr.org/2020/10/how-to-thrive-when-everything-feels-terrible>