**Connected**, Nicholas A. Christakis, MD, PhD and James H. Fowler, PhD

Connected shows that our world is governed by the Three Degree Rule, we influence and are influenced by people up to three degrees removed from us, most of whom we do not even know. Our social networks underlie financial scams, eating disorders, substance abuse and suicide clusters, but also voter turnout, innovation, altruism and random acts of kindness.

**Crucial Conversations: Tools for Talking When Stakes are High**, Kerry Patterson, et.al.

Crucial Conversations gives you the tools to handle life's most difficult and important conversation. You'll learn how to: prepare for high-stakes situations, transform anger and hurt feelings into powerful dialogue, make it safe to talk about almost anything, and be persuasive, not abrasive.

**How the Way We Talk Can Change the Way We Work**, Robert Kegan and Lisa Laskow Lahey

In this intensely practical book, Harvard psychologists Kegan and Lahey take us on a journey to answer questions about changes. They help to solve the gap between what we intend and what we are able to accomplish.

**How to Keep People From Pushing Your Buttons**, Albert Ellis, PhD and Arthur Lang, EdD

You will find a set of specific skills you can use to help you react more effectively in the face of potential button-pushers.

**People Skills**, Robert Bolton. Ph.D.

Learn how to assert yourself, listen to others, and resolve conflicts. These skills will help you communicate calmly, even in stressful, emotionally charged situations.