

Notes

INTRODUCTION

1. "2011 employee benefits report." Society for Human Resource Management (SHRM) Online. 2011. www.shrm.org/Research/SurveyFindings/Articles/Documents/2011_Emp_Benefits_Report.pdf (accessed July 7, 2006).

CHAPTER 2

1. Wright, Bob. "AC72 Leadership Master's Capstone Discussion." Lecture. Wright Graduate University, Elkhorn, WI. July 10, 2016.
2. Wright, Judith, and Bob Wright. 2016. *The Heart of the Fight: A Couple's Guide to Fifteen Common Fights, What They Really Mean, and How They Can Bring You Closer*. Oakland, CA: New Harbinger, 64.
3. Ibid., 72–73.
4. Ibid., 72.
5. Wright, Judith, and Bob Wright. 2013. *Transformed! The Science of Spectacular Living*. Nashville, TN: Turner, 193.

6. Ibid., 31.
7. Wright and Wright, *The Heart of the Fight*, 77.
8. Ibid., 65.
9. Wright, Judith. 2006. *The Soft Addiction Solution: Break Free of the Seemingly Harmless Habits That Keep You from the Life You Want*. New York: Jeremy P. Tarcher/Penguin.
10. Beames, Thomas B. 1992. *A Student's Glossary of Adlerian Terminology*. Ladysmith, BC: Photon.

CHAPTER 3

1. Campbell, Joseph. 1972. *The Hero With a Thousand Faces*. Princeton, NJ: Princeton University Press.
2. Tillich, Paul. 1952. *The Courage to Be*. New Haven, CT: Yale University Press.
3. *Merriam-Webster Online Dictionary*, s.v. "courage." www.merriam-webster.com/dictionary/courage.
4. Durst, Gary Michael. 1982. *Management by Responsibility*. Evanston, IL: G. M. Durst.
5. Frankl, Viktor E. 2006. *Man's Search for Meaning*. Boston: Beacon Press.
6. Brown, Brené. 2015. *Rising Strong*. New York: Spiegel and Grau, 85–88, 218.
7. Dweck, Carol S. 2006. *Mindset: The New Psychology of Success*. New York: Random House.
8. Klausner, Henriette Anne. 2000. *Write It Down, Make It Happen: Knowing What You Want—And Getting It!* New York: Scribner.
9. "VSL: SCIENCE: The two-minute plan for feeling better." *Observer*, March 2, 2009. <http://observer.com/2009/03/effects-brief-writing-health/> (accessed July 12, 2016).
10. Niemiec, Ryan M. "5 key tips for finding happiness at work." *Psychology Today*, March 6, 2015. www.psychologytoday.com/blog/what-matters-most/201503/5-key-tips-finding-happiness-work (accessed July 8, 2016).
11. McQuaid, Michelle. "Strengths challenge." <http://strengthschallenge.com/> (accessed July 4, 2016).
12. Sethi, Ramit, and Jeff Kuo. "Earn \$1000 on the side." Module 1 lesson 2. Pick your field. Earn1k.com. <http://earn1k.com> (accessed July 4, 2016).

13. Schnarch, David Morris. 2012. *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships*. Brunswick, Victoria, Australia: Scribe.
14. *Online Etymology Dictionary*, s.v. “busy.” www.etymonline.com/index.php?allowed_in_frame=0&search=busy (accessed July 4, 2016).
15. *Merriam-Webster Online Dictionary*, s.v. “busy.” www.merriam-webster.com/dictionary/busy (accessed July 4, 2016).
16. Jabr, Ferris. “Why your brain needs more downtime.” *Scientific American*. Oct. 15, 2013. www.scientificamerican.com/article/mental-downtime/.
17. “Coherence.” HeartMath Institute. Nov. 11, 2012. www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/coherence/#more-5762.

CHAPTER 4

1. Mezirow, Jack. 2000. *Learning as Transformation: Critical Perspectives on a Theory in Progress*. San Francisco: Jossey-Bass.
2. Wright and Wright, *The Heart of the Fight*, 105, 108.
3. Bowlby, John. 1988. *A Secure Base: Clinical Applications of Attachment Theory*. London: Routledge.
4. Wright and Wright, *Transformed!*, 4.
5. Cozolino, Louis J. 2006. *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain*. New York: Norton, 307.
6. Wright and Wright, *Transformed!*, 130–31.
7. Siegel, Daniel J. 2010. *Mindsight: The New Science of Personal Transformation*. New York: Bantam, 14–15.
8. Ericsson, K. A., R. T. Krampe, and C. Tesch-Römer. 1993. “The role of deliberate practice in the acquisition of expert performance.” *Psychological Review* 100, vol. 3, 393–94.
9. Brach, Tara. 2003. *Radical Acceptance: Embracing Your Life with the Heart of a Buddha*. New York: Bantam.
10. “William James.” Pursuit of Happiness. www.pursuit-of-happiness.org/history-of-happiness/william-james/ (accessed Sept. 24, 2016).
11. James, William, and Giles B. Gunn. 2000. *Pragmatism and Other Writings*. New York: Penguin Books, 240.

CHAPTER 5

1. Pomerleau, Kyle. "2016 tax brackets." Tax Foundation. <http://taxfoundation.org/article/2016-tax-brackets> (accessed July 4, 2016).

CHAPTER 6

1. Wright, Bob. "AC72 leadership and AC42 purposeful living group discussion." Lecture. Wright Graduate University, Elkhorn, WI. July 9, 2016.
2. Ibid.
3. Frankl, *Man's Search for Meaning*.
4. Bernstein, Gabrielle. "You don't have time to meditate?" Gabbybernstein.com. <http://gabbyb.tv/vlogging/you-dont-have-time-to-meditate> (accessed July 4, 2016).
5. Keller, David King. "MicroMindfulness: Towards an accessible mindfulness-based stress reduction practice." PhD diss., California Institute of Integral Studies, 2014.

CHAPTER 7

1. Meeker, Mary, and Liang Wu. "2013 Internet trends." KPCB.com. www.kpcb.com/blog/2013-internet-trends (accessed July 4, 2016).
2. Enoch, Glenn. "The Nielsen total audience report Q1 2016." Nielsen.com. www.nielsen.com/content/dam/corporate/us/en/reports-downloads/2016-reports/total-audience-report-q1-2016.pdf (accessed July 4, 2016).
3. "The U.S. digital consumer report." Nielsen.com. Feb. 2, 2014. www.nielsen.com/us/en/insights/reports/2014/the-us-digital-consumer-report.html (accessed July 4, 2016).
4. Ibid.
5. Ibid.
6. Wright, *The Soft Addiction Solution*, 64.
7. *Oxford Dictionaries*, s.v. "digital detox." www.oxforddictionaries.com/us/definition/american_english/digital-detox (accessed July 4, 2016).
8. Shlain, Tiffany. 2012. *Brain power: From Neurons to Networks*. n.p.: TED Conferences.

9. Huffington, Arianna. 2014. *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-being, Wisdom, and Wonder*. New York: Harmony, 6.
10. Ibid., 81.
11. Hill, Simon. "Is blue light keeping you up at night?" *Digital Trends*. July 26, 2015. www.digitaltrends.com/mobile/does-blue-light-ruin-sleep-we-ask-an-expert/#ixzz3uEtwHFZ (accessed July 4, 2016).

CHAPTER 8

1. "Paid time off programs and practices." WorldAtWork.org. June 2016, www.worldatwork.org/waw/adimLink?id=80292 (accessed July 5, 2016).
2. Shen, Lucinda. "These 19 great employers offer paid sabbaticals." Fortune.com. <http://fortune.com/2016/03/07/best-companies-to-work-for-sabbaticals/> (accessed July 6, 2016).
3. *Wikipedia*, s.v. "limbic system." https://en.wikipedia.org/wiki/Limbic_system (accessed July 6, 2016).
4. O'Meara, Rachael. "Unpaid leave survey." Google Consumer Surveys. Dec. 8, 2015.
5. Kallayil, Gopi. 2015. *The Internet to the Inner-net: Five Ways to Reset Your Connection and Live a Conscious Life*. Carlsbad, CA: Hay House.
6. Blackstone, Judith. 2012. *Belonging Here: A Guide for the Spiritually Sensitive Person*. Boulder, CO: Sounds True.
7. Ram Dass. 1971. *Be Here Now, Remember*. San Cristobal, NM: Lama Foundation.

CHAPTER 9

1. Jobs, Steve. "Stanford 2005 commencement speech." www.youtube.com/watch?v=zfZfVXIJR XI (accessed July 6, 2016).
2. Allen, David. 2001. *Getting Things Done: The Art of Stress-free Productivity*. New York: Viking, 10.
3. Lambert, Craig. 1998. *Mind Over Water: Lessons on Life from the Art of Rowing*. Boston: Houghton Mifflin.

CHAPTER 10

1. Wright, Judith. "Nourishment and self-care techniques." Discussion. Year of Transformation Nourishment and Self-Care Weekend, Wright Foundation, Chicago. July 30–31, 2016.
2. Gollwitzer, Peter M., and Paschal Sheeran. 2009. "Self-regulation of consumer decision making and behavior: The role of implementation intentions." *Journal of Consumer Psychology* 19 (2009): 593–607. Konstanz: Bibliothek der Universität Konstanz.
3. Wright and Wright, *The Heart of the Fight*, 160.
4. Rankin, Lissa. "About me in 30 seconds." Lissarankin.com <http://lissarankin.com/about/> (accessed Sept. 24, 2016).
5. Eisenstein, Charles. "2013: The space between stories." Charleseisenstein.net. <http://charleseisenstein.net/2013-the-space-between-stories/> (accessed July 6, 2016).
6. Wright, Bob. "Living with purpose." Wright Foundation. Year of Transformation Week 8 Handout. June 19, 2013.
7. Rath, Tom. 2007. *StrengthsFinder 2.0*. New York: Gallup Press.
8. Bernstein, Gabrielle. 2011. *Spirit Junkie: A Radical Road to Discovering Self-love and Miracles*. New York: Harmony Books.
9. Ibid.

CHAPTER 12

1. Wright and Wright, *Transformed!*, 31–33.
2. Rilke, Rainer Maria, Franz Xaver Kappus, and Joan M. Burnham. 2000. *Letters to a Young Poet*. Novato, CA: New World Library.