

Annotated bibliography

[Education](#), [Learning](#)



Annotated Bibliography The book: Author(s) name(s): (Last name, first initial)
Frances Kay Year of publication: 2009 Title of the book: Understanding NLP:
Strategies for Better Workplace Communication... Publisher: Kogan Page City
and State of Publication (if the book is published out of the country provide
the City and Country of Publication):

_____ 1) What is the book about?
Neuro-Linguistic Programming or NLP is pretty wide-ranging and easy to
understand. The book, in my opinion, can help readers create a new
awareness of and importance regarding communication skills and
observational skills. Incorporating NLP into your personal and professional
life will help you identify limitations in your perspective of life. Yet you'll see
that certain issues are really a lack of confidence and self-worth, which is
subjective, not fact, and that " failure is feedback, not a sum total of who you
are". 2) What information did you find that is important for your topic? I've
read this book already, therefore now I kind of can grasp and utilize it in this
course. Although this science isn't new, I believe it was developed in the
1970's. I, myself, discovered how to use this tool, you know and understand
thinking, which influence your behavior, resulting in more positive outcomes.
It is rare to find a book on NLP that provides such simple and easy to
understand explanations. The book: Author(s) name(s): (Last name, first
initial) Selk, Jason Year of publication: 2008 Title of the book: 10-Minute
Toughness Publisher: McGraw-Hill City and State of Publication (if the book is
published out of the country provide the City and Country of Publication):

_____ 1) What is the book about? At
first, reading the back cover of this book, I thought this book was almost a

complete waste of my time. Although this books spends a majority of the time discussing athletes that the author had worked with and applies the lessons learned. I found the technique in this book practical, somewhat no-nonsense guide to getting tougher mentally, the same as I apply PQR3: Preview, Question, Read, Recite, and Review. you'll learn how to master your own mental training, as result building your mental toughness. 2) What information did you find that is important for your topic? Like PQR3: Preview, Question, Read, Recite, and Review is simple yet comprehensive mental formula. I feel the 10-Minute Toughness is a clear and potent instruction with relevant examples of how the mental aspect of sports, other (non-athletic) parts of your life, is underrated, yet important, and most likely underutilized in any performance aspect of life. The book: Author(s) name(s): (Last name, first initial) Eric Jensen Year of publication: 2005 Title of the book: Teaching with the Brain in Mind Publisher: Association for Supervision & Curriculum Development City and State of Publication (if the book is published out of the country provide the City and Country of Publication):

_____ 1) What is the book about?

From my initial reading of this book, the simple, and straightforward message of the book is that teachers have a much greater ability to affect the learning of their students than they realize. How to motivate their students to participate, how to influence emotional states, how to design smarter schools, and how to enhance memory and critical thinking skills. 2) What information did you find that is important for your topic? So far this book explains how cognitive material in a classroom has valid way to learning. As a result challenging the students to learn. The learning process,

almost similar to NLP, how the brain works and what you can do to aid in the influence a students learning.