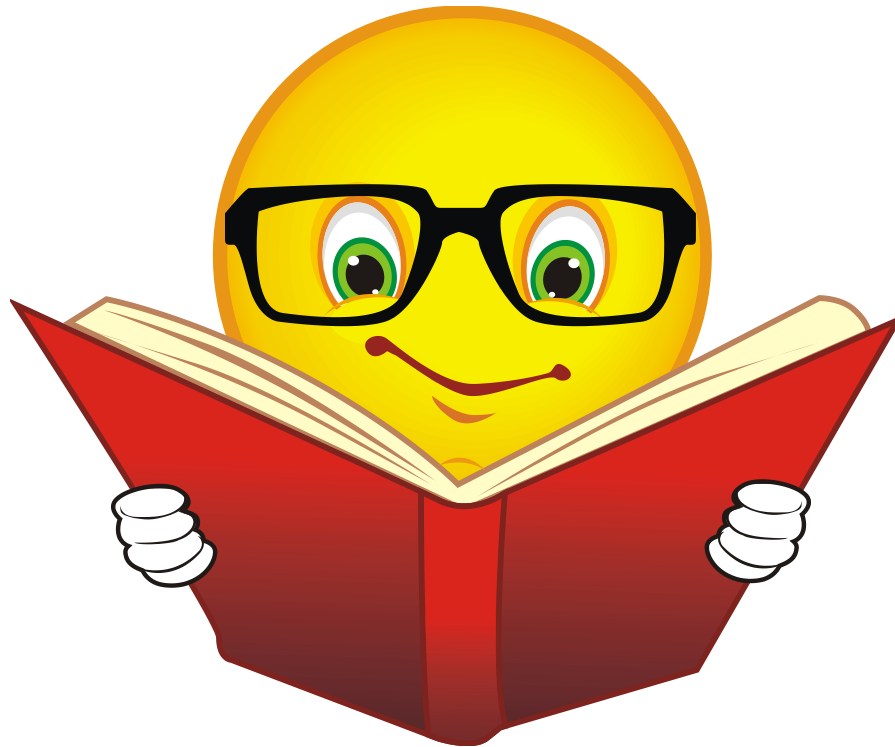
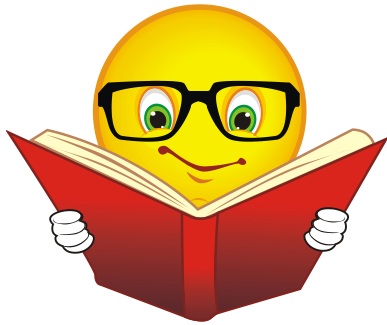


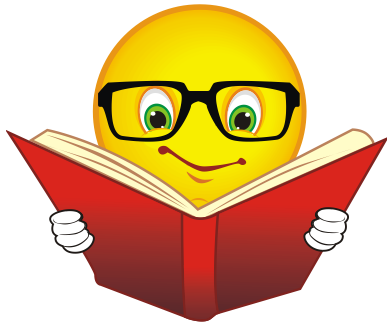
Recommended Reading January 2014





Recommended Reading for General Human Factors

- **Craig E. Geis, California Training Institute Website:** www.cti-home.com Articles pertaining to all areas of human factors.
- **Blink, The Power of Thinking Without Thinking: Malcolm Gladwell.** Lots of interesting looks at how powerful first impressions or intuitions are in making decisions. This has critical applications in how we train.
- **How We Decide: Jonah Lehrer:** Neuroscience of how we process information and make decisions, including why we are vulnerable to making mistakes.
- **The Invisible Gorilla - and Other Ways Our Intuitions Deceive Us: Christopher Chabris & Daniel Simons** "We collectively assume...that we pay attention to more than we do, that our memories are more detailed and robust than they are, that confident people are competent people, that we know more than we really do, that coincidences and correlations demonstrate causation, and that our brains have vast reserves of power that are easy to unlock," the authors state. "But in all these cases, our intuitions are wrong."



Recommended Reading for General Human Factors

- **Why Zebras Don't Get Ulcers - The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping: Robert M. Sapolsky** In much of modern city life (even without stalking lions), such stress is often chronic, making your stress-response mechanism work dangerously overtime, and putting your body at risk of numerous stress-related disorders and diseases. Robert M. Sapolsky, a leading neuroendocrinologist, explains it all in this lively and entertaining, yet highly informative book.
- **Sway - The Irresistible Pull of Irrational Behavior: Ori Brafman and Rom Brafman.** Psychology of decision making, and common reasons we make errors in judgment.
- **Drive - The Surprising Truth About What Motivates Us: Daniel H. Pink.** Great stuff on motivation; why carrots and sticks don't work (and when they do), what does truly motivate people to do their best work, or be satisfied and fulfilled by their jobs.
- **The Checklist Manifesto - How to Get Things Right, Atul Gawande.** A book on complex tasks and team dynamics/performance. Told from a surgeons perspective, but with examples from aviation, business and other fields.



Recommended Reading for General Human Factors

- **The Power of Habit:** Charles Duhigg. Good reading to better understand habit patterns and how the brain learns them (Cue, routine, and reward). Chapters include the Habits of Individuals, Habits of Successful Organizations, and Habits of Society.
- **Subliminal - How Your Unconscious Mind Rules Your Behavior:** Leonard Moldinow. A good read on the role of unconscious behavior.
- **Thinking, Fast & Slow: Daniel Kahneman.** Compares the quick thinking of the emotional system (Limbic) with the slower thinking of the frontal lobe.
- **Incognito – The Secret Lives of the Brain:** David Eagleman
- **The Impulse Factor – Why some of Us Play It Safe & Others Risk It All:** Nick Tasler



Additional Recommended Reading for Law Enforcement

- **Craig E. Geis, California Training Institute Website:** www.cti-home.com Articles pertaining to all areas of human factors.
- **Dr. Bill Lewinski, Force Science Institute Web Site:** www.forcescience.org Current articles and archived articles on law enforcement research.
- **On Killing, The Psychological Cost of Learning to Kill in War and Society: Dave Grossman:** Another classic for military and law enforcement officers and trainers. How people react to high levels of stress and violence.
- **Deadly Force Encounters - What Cops Need To Know To Mentally and Physically:** Alexis Artwohl & Loren W. Christensen
- **Prepare for and Survive A Gunfight:** A. Artwohl and L. Christensen
- **Into the Kill Zone - A Cop's Eye View of Deadly Force:** D. Clinger
- **Violent Encounters - A study of assaults on LE officers.** August 2006, FBI Publication #0383
- **Blood Lessons - What Cops Learn From Life and Death Encounters:** C. Remsberg, Calibre Press, 2008



Additional Recommended Reading for Law Enforcement

- **Killed in the Line of Duty:** A study of selected killings of LE officers. September 1992, FBI Publication #0189
- **In The Line of Fire:** Studies on violence against law enforcement, October 1997, FBI Publication #0163
- **Warrior Mindset:** Dr. Michael Asken, Loren W. Christensen, & Lt. Col. Dave Grossman. Here are just a few of the many things that are in the book:
 1. The thorough explanation of what physical exertion upon the body does to the mind.
 2. How to condition the mind before, during, and after a potential violent confrontation.
 3. The breakdown and detailed explanation on how to build a warrior mindset.
 4. All of the various mental training techniques.



Additional Recommended Reading for High Stress Operations

- **Young Men and Fire: Norman Maclean.** This book and the two below look at failures of “elite” units. Common themes include leadership, training, communications, strategy and situational awareness.
- **Fire on the Mountain - The True Story of the South Canyon Fire: John N. Maclean.** Good examples of human error
- **Sharpening the Warrior’s Edge: Bruce K. Siddle.** One of the classic studies of performance under stress. Critical for law enforcement and military trainers and officers. Good for military, law enforcement, fire, rescue, and aviation personnel.
- **Deep Survival – Who Lives & Who Dies: Laurence Gonzales.** Studies accidents and their roots in human behavior.
- **The Unthinkable - Who Survives When Disaster Strikes: Amanda Ripley:** A compelling look at instinct and disaster response as she explores the psychology of fear and how it can save or destroy us. Ripley takes readers through the three stages of reaction to calamity: disbelief, deliberation, and action.



Additional Recommended Reading for High Stress Operations

- **Just 2 Seconds: Gavin De Becker:** This is an extensive collection of attack summaries from which important new insights could be harvested. Now is the only time anything ever happens--now is where the action is. All focus on anything outside the Now (the past, memory, the future, fantasy) detracts focus from what's actually happening in your environment. Human beings have the capacity to look right at something and not see it, and in studying such a crisp event--the few seconds during which assassinations have occurred--*Just 2 Seconds* aims to enhance the reader's ability to see the value of the present moment.
- **102 Minutes – Fight To Survive Inside the Twin Towers,** Jim Dwyer & Kevin Flynn



Deeper Science Reading On Human Factors

- **How Doctors Think, Jerome Groopman:** Sources of cognitive error.
- **The Brain That Changes Itself, Norman Doidgm, M.D.:** Research into how the brain changes and adapts to changing situations. Deep on the research and case study side but very interesting if you are scientific oriented.
- **Motor Learning & Performance, R.A. Schmidt and C.A. Wrisberg,** 3rd Edition, Human Kinetics Publishers, 2004
- **Connectome: How the Brain's Wiring Makes Us Who We Are:** Sebastian Seung. Not too technical and excellent discussions on memory. A mix of fact and hypothesis.