

Suggested Reading Materials for Group

- 1) The Like Switch: An Ex-FBI Agent's Guide to Influencing, Attracting, and Winning People Over; By: Jack Schafer PhD, Ph.D. Marvin Karlins Ph.D.
- 2) Feeling Good: The New Mood Therapy; By: David D. Burns MD
- 3) How to Talk to Anyone: 92 Little Tricks for Big Success in Relationships; By: Leil Lowndes
- 4) Loneliness: Human Nature and the Need for Social Connection; By: John T. Cacioppo, William Patrick
- 5) Social Intelligence: The New Science of Human Relationships; By: Daniel Goleman
- 6) Touch Matters: Handshakes, Hugs, High Fives, and the New Science on How Touch Can Enhance Your Well Being; By: Michael Banissy