



CITY OF NEW BRITAIN

FIRE DEPARTMENT



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Human Performance Initiative: Reading & Listening List

Leadership:

- Steel my Soldiers' Hearts – Col. David Hackworth
- Boyd – Robert Coram
- The Mission the Men and Me – Pete Blaber
- The Dichotomy of Leadership – Jocko Willink and Leif Babin
- Call Sign Chaos – James Mattis
- Leaders Eat Last – Simon Sinek
- One Bullet Away – Nathaniel Fick
- Take Command – Joe Hart
- How to Win Friends and Influence People – Dale Carnegie
- Supercommunicators – Charles Duhigg
- Wisdom of a Bullfrog – William McRaven

Training & Coaching:

- Learning to be an Ecological Coach – Rob Gray
- Life as Sport – Jonathan Fader
- Peak – Anders Ericsson
- The Fighter's Mind – Sam Sheridan
- The Talent Code – Daniel Coyle
- The Art of Learning – Josh Waitzkin
- The Golden Rules – Bob Bowman
- The Mindful Athlete – George Mumford

Wellness:

- The Fountain of Youth – Peter Kelder
- Muscles and Meridians – Phillip Beach
- When Breath Becomes Air – Paul Kalanithi
- Breathe – Dr. Belisa Vranich
- Why We Sleep – Matthew Walker
- The Body Keeps the Score – Bessel van der Kolk
- Check Engine Light – Rob Wilson
- Lifespan – David Sinclair

Culture:

- Tribe – Sebastian Junger
- Legacy – James Kerr
- Start with Why – Simon Sinek
- The Culture Code – Daniel Coyle
- MCDP-1: Warfighting – United States Marine Corps
- Good to Great – Jim Collins
- The Attributes – Rich Diviney
- Team of Teams – General Stanley McChrystal
- The Trust Factor – Paul Zak
- Drive – Daniel Pink

Decision-Making & Performance Under Stress:

- The Power of Intuition – Gary Klein
- Street Lights and Shadows – Gary Klein
- The Gift of Fear – Gavin De Becker
- The Black Swan – Nassim Taleb
- Flow – Mihaly Csikszentmihalyi
- Left of Bang – Patrick Van Horne
- On Combat – Lt. Col. Dave Grossman
- Deep Survival – Laurence Gonzalez
- The Mental Game of Baseball – H.A. Dorfman
- Emotional Intelligence – Daniel Goleman
- Black Box Thinking – Matthew Syed
- Primal Intelligence – Angus Fletcher
- The Emergency Mind – Dan Dworkis
- Never Split the Difference – Chris Voss
- The Fourth Pillar – Harry Moffitt
- Masters of Uncertainty – Rich Diviney
- Range – David Epstein
- Thinking in Bets – Annie Duke
- The Rise of Superman – Steven Kotler

Mindset & Resilience:

- Inner Excellence – Jim Murphy
- The Confident Mind – Nate Zinsser
- The Warrior Mindset – Michael Asken
- The Warrior Ethos – Steven Pressfield
- Gates of Fire – Steven Pressfield
- The Road to Character – David Brooks
- Be Water, My Friend – Shannon Lee
- Man's Search for Meaning – Victor Frankl
- Antifragile – Nassim Taleb
- Fearless – Eric Blehm
- Trident – Jason Redman
- Overcome – Jason Redman
- Endurance – Alfred Lansing
- Endure – Alex Hutchinson
- The Book of Five Rings – Miyamoto Mushashi
- The End of Trauma – George Bonanno
- The Other Side of Sadness – George Bonanno
- Grit – Angela Duckworth

Podcasts:

- Humanizing the Narrative – Leadership Under Fire
- MCTI Teamcast – Mission Critical Team Institute
- The Emergency Mind – Dr. Dan Dworkis
- Finding Mastery – Dr. Michael Gervais
- Huberman Lab – Dr. Andrew Huberman
- The Rich Roll Podcast – Rich Roll
- A Bit of Optimism – Simon Sinek
- The Dr. Gabrielle Lyon Show
- The Daily Stoic – Ryan Holiday
- Rethinking – Adam Grant