

# NOTES

## Chapter 1: The Comfort Myth

1. *When Harry Met Sally*, directed by Rob Reiner (Los Angeles: Columbia Pictures, 1989).
2. Jan Hofer and Holder Busch, “Citizen Kane Was Unhappy: Motive-Goal Incongruence,” *Social & Personality Psychology Compass* 11, no. 8 (2017): e12330, DOI:10.1111/spc3.12330.
3. Adapted from *Merriam-Webster’s Collegiate Dictionary*, 11th ed. (Springfield, MA: Merriam-Webster, 2003). See also John Sommers-Flanagan and Rita Sommers-Flanagan, *Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques* (Hoboken, NJ: John Wiley & Sons, 2015).
4. According to research collected by the Statistic Brain Institute at the University of Scranton in 2018.

## Chapter 2: Driving After What’s Important

1. *Gremlins*, directed by Joe Dante (Los Angeles: Warner Bros., 1984).
2. Interestingly, there is this one daredevil who climbs mountains with no harness because part of his amygdala doesn’t work. Glenn T. Stanton, “Watch This Dude Climb 3,200 Feet of Granite with No Harness in ‘Free Solo,’” *The Federalist*, December 19, 2018, <https://thefederalist.com/2018/12/19/watch-dude-climb-3200-foot-granite-no-harness-free-solo/>.
3. *How to Lose a Guy in 10 Days*, directed by Donald Petrie (Los Angeles: Paramount Pictures, 2003).

## Chapter 3: The Power to Choose

1. Hunter S. Thompson, “A Man Has to Be Something; He Has to Matter,” in *Letters of Note: An Eclectic Collection of Correspondence Deserving of a Wider Audience*, comp. Shaun Usher (San Francisco: Chronicle Books LLC, 2013).

2. Melody Hobson, “Color Blind or Color Brave,” filmed March 2014 in Vancouver, Canada, TED video, 14:037, [https://www.ted.com/talks/melody\\_hobson\\_color\\_blind\\_or\\_color\\_brave?language=en](https://www.ted.com/talks/melody_hobson_color_blind_or_color_brave?language=en).

### **Chapter 5: The Disciplined Pursuit of Pausing in a World Full of “Go”**

1. If you’re curious, just hop on Pinterest and search for “dopamine tattoos.” Dopamine is killing the neurotransmitter popularity game.
2. Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzer, *Crucial Conversations* (New York: McGraw-Hill, 2004), 44.
3. Greg McKeown, *Essentialism: The Disciplined Pursuit of Less* (New York: Crown Business, 2014).

### **Chapter 7: Balancing Feelings and Facts**

1. Paris Schutz, “Great Lakes Funding Threatened,” WTTW, <https://news.wttw.com/2017/03/13/great-lakes-funding-threatened> (accessed July 18, 2019).
2. Marsha M. Linehan, *DBT Skills Training Manual*, 2nd ed. (New York: Guilford Press, 2014).

### **Chapter 8: Justification, Minimization, and Denial**

1. Melanie Curtin, “Are You on Your Phone Too Much? The Average Person Spends This Many Hours on It Every Day,” Inc.com, October 30, 2018, <https://www.inc.com/melanie-curtin/are-you-on-your-phone-too-much-average-person-spends-this-many-hours-on-it-every-day.html>.

### **Chapter 10: The Closing Chapter—Keep the Door Open**

1. Hazel Rose Markus and Shinobu Kitayama, “The Cultural Psychology of Personality,” *Journal of Cross-Cultural Psychology* 29, no. 1 (1998): 63–87, <https://doi.org/10.1177/0022022198291004>; Vaunne Ma and Thomas J. Schoeneman, “Individualism Versus Collectivism: A Comparison of Kenyan and American Self-Concepts,” *Basic and Applied Social Psychology* 19, no. 2 (1997): 261–73, [https://doi.org/10.1207/s15324834basp1902\\_7](https://doi.org/10.1207/s15324834basp1902_7).