

Most Important Resources (books and podcasts)

[Huberman Lab](#) (by Andrew Huberman)
[Lifespan](#) (Dr David Sinclair)
[The Drive & Outlive](#) (Peter Attia MD)
[The Matt Walker Podcast](#) (Matt Walker -- sleep expert)
[Feel Better Live More](#) (Dr Rangan Chatterjee)
[Being Well](#) (Forrest Hanson & Dr Rick Hanson)
[Finding Mastery](#) (Michael Gervais)
[The Rich Roll podcast](#) (Rich Roll)
[Superage](#) (David Stewart)
[Sharing The Covers](#) (Dr Wendy Troxel)

HD Reading List for Human Performance (Top Picks)

General Performance

--Compete to Create (only on Audible) with Pete Carroll and Michael Gervais (the basics of human performance -- Michael was a "student" of Andy Walshe at Red Bull--great on the 70%)
--Why We Sleep (Walker--amazing pieces around sleep, cognition, etc.)
--Human Performance O2X (tactical athlete training -- really good on the 70% to know)
--Essentials of Strength Training and Conditioning (the bible for the CSCS test and training)
--Cal Newport--Deep Work
--Range (Epstein -- why it is important to try lots of things before specialization--be a great all around performer vs. a siloed performer)
--Boys in the Boat (just fun--UW Rowing Team during rise of Nazi Germany)
--Daring Greatly, Dare to Lead -- Brene Brown (amazing on vulnerability, shame, and trust); also a great podcast

Evolutionary Biology

--Exercised (evolutionary biology and human performance) or Behave (longer and denser but same topic); Daniel Lieberman (also see The Story of the Human Body)
-- Robert Sapolsky (the godfather of performance around evolutionary biology-- see also why Don't Zebras Get Ulcers)

Neuroscience

--The Brain's Way of Healing/Brain that Heals Itself (Doige--about neuroplasticity),
--The Performance Cortex (Schonbrun--brain and performance--features Andy)
--The Molecule of More (Daniel Lieberman--see above--on dopamine and neurochemicals)
--Podcast by Dr. Andrew Huberman (a partner in Liminal) -- Stanford Neuroscientist -- best podcast on the brain and human performance (IMHO)

Creativity

--Medici Effect (collisions and integration of ideas)
--Wired to Create (Kaufman and how people are born to be creative)

- Creativity Inc/Pixar
- Creativity Code (AI with creativity -- really interesting thinking where AI helps, does not help, etc.)
- Flow States/Creativity--[Mihaly Csikszentmihalyi](#) (videos, multiple books, etc.); so much--better to just dig around
- Fast Company Magazine

Sports

- Endure (Alex Hutchinson--around what is possible and some good physio/cognitive grounding in HP)
- The Mindful Athlete (Mumford--was psych for a few NBA teams but comes at it from a very different angle)
- The Champions Mind--a good overall primer on spots and mindset
- Mind Gym -- great mental tools book; good even for younger athletes (10+)

Culture/Teams

- Principles (Ray Dalio--I don't always agree but his process on performance is pretty amazing)
- Culture Code (Coyle--who I believe that Coleman knows pretty well)
- Wooden on Leadership (John Wooden--enough said)
- Team of Teams (McChrystal -- how the US military/government worked to realign in wake of 9-11)
- Turn the Ship Around (Navy officer on turnarounds and empowering teams)
- Extreme Ownership (2 former Navy Seals and individual team principals for success -- taking accountability for everything...)(Jocko and Leif)

Learning/Coaching

- Spark (Ratey--brain/body connection and movement; good on why we move and people have brains--all back to movement)
- Think Again (our minds and performance -- making decisions)
- Trillion Dollar Coach (Eric Schmidt) -- Story of Bill Campbell
- Berkeley Greater Good <https://greatergood.berkeley.edu/>
- How We Learn -- great primer on how people learn (good for developing lesson plans and such)
- The ABCs of How we Learn-- another great primer and better understandings of zone of proximal development (recommended as the book to read on how we learn); very easy to apply

Ideal Performance States

- Art of Impossible (Kotler); see also Rise of Superman and Stealing Fire (all go a little too far but super entertaining and engaging -- great to start curiosity)
- Yerkes Dodson <https://www.healthline.com/health/yerkes-dodson-law#how-the-law-works>

Spirit

- Man's Search for the Meaning of Life (Frankl--all about survival in a Nazi death camp and what keeps people going/or not)

- Transcend (Scott Barry Kaufmann) -- a new look at the old Maslow's pyramid (which could also be said to be a pyramid of human performance from foundations to enlightenment)
- Why Buddhism is True (a non-Western look at performance and spirit)
- Solitary by [Alfred Woodfox](#) (about surviving for 43 years in solitary confinement - part of the Angola 3)

Positive Psychology Basics/Primer

- Grit (Duckworth),
- Flourish (Seligman); see also great basic podcast [Seligman with APA discussing PERMA](#) (PERMA)
- Flow (MC),
- Positivity (Fredrickson)
- Great website from UPenn <https://ppc.sas.upenn.edu/>

Nature

- On Nature
- 3 Day Effect,
- Nature Fix;
- See lots of David Strayer at UoU <https://appliedcognition.psych.utah.edu/>
- Also notes @ [Nature & Performance Notes + Reading](#)