Recommended Books

Richard G. Petty, MD, MSc

The New Science of Learning


Nesse, R. M. Good Reasons for Feeling Bad. New York, Dutton. 2019


Sterling P. and Laughlin, S. Principles of Neural Design. MIT Press. 2015


Technology and the Brain


Carr, Nicholas. The shallows: how the Internet is changing the way we think, read and remember. London: Atlantic. 2010


Price, Catherine. *How to Break Up With Your Phone.* New York, Ten Speed Press. 2018

