

The following is a 'reading list' relevant to Emotional Literacy.

Peter Cox produced the list following his appearance at our Focus Day on 11th march 2004, at Intech, Winchester.

As a general introduction:

EL Why it can matter more than IQ ~ Daniel Goleman ISBN 0747528306

For those interested in discipline without Relationship and exactly why it DOES NOT work:

Beyond Discipline ~ Alfie Kohn ISBN 0871202700

If we wish for emotionally literate children then the process starts with us not the children. The following book may offer a starting point for adults:

Emotional Alchemy ~ Tara Bennett Goleman ISBN 0712603859

This is a much heavier read and I hesitate to recommend it to "the beginner" but it is absolutely critical work in understanding the life long importance of early child – parent relationship:

John Bowlby and Attachment Theory ~ Jeremy Holmes ISBN0415077303

First published in 1964 and recently republished. Written not by a famous psychologist but "just by a teacher" with the true gift for accurate observation and understanding the internal working model of children in the classroom:

How Children Fail ~ John Holt ISBN0140135561

We are grateful to Peter for his continuing involvement with HCFF, and his extremely generous offer, below.

'As ever, if I can be of further help to HCFF or to any of the delegates please do not hesitate to contact me. All delegates are welcome to ring me, including weekends and evenings, if they need advice or to talk through ideas or difficulties ~ You are welcome to put this" invitation" on to your website if you wish.'

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