



## **Read 'Em & Reap: 6 Science-Backed Ways Reading Puts You on the Road to Achieving More and Living Longer**

### **Indexed References**

**On citation form:** I've lived through being required to conform to APA, MLA, Chicago, and for the longest stretch, the Harvard Bluebook legal citation system. All I care about now are clarity and (reasonable) consistency. I don't believe you'll have any trouble identifying or locating any of my references as formatted.

#### **Preface: on Deep Reading (and "MWe")**

Page 1 –

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## Introduction

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**“My secret weapon ...”** – Joan Westenberg, *Here’s My Secret Weapon: I Read*, <https://medium.com/hi-my-name-is-ion/heres-my-secret-weapon-i-read-a5d4b753efe4>

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**Cartoon panel image** – used only to illustrate text reference to Disney characters’ relationships, personalities, and typical plot lines in Donald Duck comic books; Image Source: [https://en.wikipedia.org/wiki/Huey,\\_Dewey,\\_and\\_Louie](https://en.wikipedia.org/wiki/Huey,_Dewey,_and_Louie)

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## Ch. 1 - Reading Reduces Stress

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**“Losing yourself in a book ...”** – quoting cognitive neuropsychology researcher David Lewis, in *Reading ‘can help reduce stress’*, The Telegraph, Mar. 30, 2009, <http://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html>

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## Ch. 2 - Helps You Sleep

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### Ch. 3 - Improves Your Decision-Making Capacity

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**“[B]ecoming engrossed in a novel ...”** – Christopher Bergland, *Reading Fiction Improves Brain Connectivity and Function*, PsychologyToday.com article, <https://www.psychologytoday.com/blog/the-athletes-way/201401/reading-fiction-improves-brain-connectivity-and-function>

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**“The consistent strengthening of the connections ...”** – *ibid.*, pg. 61

**“It synthesizes the text’s content ...”** – *ibid.*, pg. 62

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## Ch. 4 - Makes You a Better Leader

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**“brain scans ... reading fiction.”** – *Reader, Come Home*, pg. 52

**“indicators for leaders who display empathy ...”** – *U.S. Army Field Manual on Leader Development*, pg. 6-3

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**“In the workplace, empathy ...”** – Evan Sinar, et al., Development Dimensions International (DDI), *What’s the Number 1 Leadership Skill for Overall Success?* (2016), press release with quote: <https://www.ddiworld.com/global-offices/united-states/press-room/what-is-the-1-leadership-skill-for-overall-success>; full report, *High-Resolution Leadership: A Synthesis of 15,000 Assessments into How Leaders Shape the Business Landscape*, section on empathy, “Is Empathy Boss?” with data chart and recommendations:

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**“Bringing the necessity of empathy ...”** – Oren Harari, *The Leadership Secrets of Colin Powell* (2002), pgs. 199-213

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**“to develop greater empathy as a leadership skill ...”** – *Army Field Manual on Leader Dev.*, pg. 7-17, [http://www.milsci.ucsb.edu/sites/secure.lsit.ucsb.edu.mili.d7/files/sitefiles/fm6\\_22.pdf](http://www.milsci.ucsb.edu/sites/secure.lsit.ucsb.edu.mili.d7/files/sitefiles/fm6_22.pdf)

## Ch. 5 - Makes You Smarter

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**“when people learn something, the wiring in their brains changes ...”** – John Medina, *Brain Rules* (2008), pg. 57, <https://www.amazon.com/Brain-Rules-Updated-Expanded-Principles/dp/098326337X/>

**“The brain acts like a muscle ...”** – ibid., pg. 58

**“Impressive results from the Synapse Project ...”** – Denise C. Park, et al., *The Impact of Sustained Engagement on Cognitive Function in Older Adults* (2014), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4154531/>

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**“need for cognitive closure – our discomfort with ambiguity ...”** – *Reading literary fiction can lead to better decision-making*, study finds (2013), no byline, <http://nationalpost.com/afterword/reading-literary-fiction-can-lead-to-a-better-decision-making-study-finds>

**“The study notes other research ...”** – Maja Djikic, *Opening the Closed Mind: The Effect of Exposure to Literature on the Need for Closure* (2013), <https://www.tandfonline.com/doi/abs/10.1080/10400419.2013.783735>

## Ch. 6 - Helps You Live Longer

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**“Do not read, as children do ...”** – Gustave Flaubert, <https://www.goodreads.com/quotes/2579-do-not-read-as-children-do-to-amuse-yourself-or>

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**“already talking about my next venture ...”** – my current Old Dog Learning blogsite carries the tagline: Help, when you’re feeling stuck. I describe my role as “Lead Guide Dog” and my vision for helping people (or teams) who find themselves in that “stuck” mode is summed up as, “Together we’ll learn what you need to find your next path and get moving again with confidence and joy!” <http://olddoglearning.com/>

**“the simple fact that we’re living longer ...”** – some of my thinking on how longevity can be celebrated and turned to our advantage can be found in my blog posts like, *How to apply Buddha’s wisdom in the 21st century* and *Elderships: Filling the Experience Gaps in Your Organization*, <https://olddoglearning.com/author/tom-collins/>

**“most babies born since 2000 ...”** – Kaare Christensen, et al., *Ageing populations: the challenges ahead* (2009), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2810516/>

**“40 per cent chance of living for 150 years ...”** – Angela Epstein, *Could your child live to be 150 years old?* (quoting leading population expert Dr. James Vaupel), <http://www.dailymail.co.uk/health/article-129568/Could-child-live-150-years-old.html>

**“And then there’s Google’s 2013 investment ...”** – mission quotes from the Calico Labs website, <https://www.calicolabs.com/>

In 2018, Calico began collaborating with a group at Penn, studying how medicines work, bring them to market faster, as well as “molecular clocks and circadian rhythm.” When found, they want to deliver the “interventions that enable people to lead longer and healthier lives.” <https://www.calicolabs.com/news/2018/11/28/>

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**Treble clef with middle-C image**, adapted from public domain original via Wikipedia, [https://en.wikipedia.org/wiki/Staff\\_\(music\)#/media/File:Piano\\_staff.png](https://en.wikipedia.org/wiki/Staff_(music)#/media/File:Piano_staff.png)

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**Music notes adrift image**, adapted from royalty free original via Pixabay.com, <https://pixabay.com/en/notes-music-music-notes-clef-1417670/>

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**“I offer this image as a symbol for our movement ...”** – the “walking woman reading” silhouette symbol is adapted from two royalty free originals via Pixabay.com, <https://pixabay.com/vectors/woman-books-school-reading-3971046/> and <https://pixabay.com/vectors/woman-checking-mobile-smartphone-2803967/>

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## Conclusion: As You Read

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