

# Recommended Reading November 2018



Alphabetical order with a 🙌🌟🙌 if I consider it a “Must Read.” Most available on Amazon as “used” and inexpensive. Start your library.



# Recommended Reading

- 🌟 **California Training Institute (Craig Geis) Website:** [www.cti-home.com](http://www.cti-home.com) Articles pertaining to all areas of human performance. Categories include:

- Pre-course Reading Materials
- Recommended Reading List – Professional Development
- OIS/UOF Media Kit
- Use of Force
- California Training Institute : Training Materials
- Police Cameras
- Bell Helicopter Human Factor Articles
- Stress & Performance
- Sleep Deprivation & Fatigue
- Neuroscience

- Memory
- Officer Involved Shooting Investigations
- Cognitive Interviewing
- Aviation Cases
- Miscellaneous Articles
- Book Reviews
- Leadership
- Medical – Supplements
- Neuroscience News
- David Blake (Lead CTI Instructor & Researcher) - Articles for Law Enforcement)



# Recommended Reading

- 🌟 **Blink, The Power of Thinking Without Thinking:** Malcolm Gladwell. Lots of interesting looks at how powerful first impressions or intuitions are in making decisions. This has critical applications in how we train.
- 🌟 **Blood Lessons - What Cops Learn From Life and Death Encounters:** C. Remsberg, Calibre Press, 2008
- **Connectome: How the Brain's Wiring Makes Us Who We Are:** Sebastian Seung. A little technical but an excellent discussions on memory. A mix of fact and hypothesis.
- 🌟 **Deadly Force Encounters - What Cops Need To Know To Mentally and Physically:** Alexis Artwohl & Loren W. Christensen: In a cop's world it's kill or be killed, but the truth of the matter is that a shooting's aftermath is often the most dangerous time for the cop. This unique life- and career-saving manual contains every shred of critical information the police officer needs to survive the media, investigations and more.



# Recommended Reading

- **Deep Survival – Who Lives & Who Dies:** Laurence Gonzales. Studies accidents and their roots in human behavior.
- **Drive - The Surprising Truth About What Motivates Us:** Daniel H. Pink. A must read for supervisors. Great stuff on motivation; why carrots and sticks don't work (and when they do), what does truly motivate people to do their best work, or be satisfied and fulfilled by their jobs.
- **Fire on the Mountain - The True Story of the South Canyon Fire:** John N. Maclean. Good examples of human error
- 🌟 **Force Science Institute Web Site:** [www.forcescience.org](http://www.forcescience.org) Current articles and archived articles on law enforcement research.
- **How Doctors Think:** Jerome Groopman: Sources of cognitive error in decision making.
- 🌟 **Human Error:** James Reason: A “must” read primer on human error. Of particular importance is the identification of cognitive processes common to a wide variety of error types.



# Recommended Reading

- **How We Decide:** Jonah Lehrer: Neuroscience of how we process information and make decisions, including why we are vulnerable to making mistakes.
- 🌟👍 **In The Line of Fire:** Studies on violence against law enforcement, October 1997, FBI Publication #0163
- 🌟👍 **Incognito – The Secret Lives of the Brain:** David Eagleman: If the conscious mind--the part you consider to be you--is just the tip of the iceberg, what is the rest doing? David Eagleman navigates the depths of the subconscious brain to illuminate its surprising mysteries.
- 🌟👍 **Into the Kill Zone - A Cop's Eye View of Deadly Force:** D. Clinger: *Into the Kill Zone* presents firsthand accounts of the role that deadly force plays in American police work. Presents accounts of what it's like to be involved in shoot-outs, and details how shooting someone affects officers who pull the trigger.



# Recommended Reading

- 🌟 **Just 2 Seconds:** Gavin De Becker: This is an extensive collection of attack summaries from which important new insights could be harvested. Now is the only time anything ever happens--now is where the action is. All focus on anything outside the Now (the past, memory, the future, fantasy) detracts focus from what's actually happening in your environment. Human beings have the capacity to look right at something and not see it, and in studying such a crisp event--the few seconds during which assassinations have occurred--*Just 2 Seconds* aims to enhance the reader's ability to see the value of the present moment.
- 🌟 **Killed in the Line of Duty:** A study of selected killings of LE officers. September 1992, FBI Publication #0189
- 🌟 **Processing Under Pressure: Stress, Memory and Decision Making in Law Enforcement:** Matthew J. Sharps: A must read for human factors and Force Encounters. Get an understandable, practical look at the pressurized world of law enforcement and the impact of stress on mental and physical performance. - Discover the complexities of decision-making in high risk situations and prepare to improve your own decision power. It explores how the nervous system functions under the kind of stress faced on the streets, analyzes the impact of stress on the memories of witnesses, victims and police officers and is filled with actual, real world examples of how mental processes actually come into play in the field.



# Recommended Reading

- **The Brain That Changes Itself:** Norman Doidgm, M.D.: Research into how the brain changes and adapts to changing situations. Deep on the research and case studies but very interesting if you are science oriented.
- 🌟 **The Invisible Gorilla - and Other Ways Our Intuitions Deceive Us:** Christopher Chabris & Daniel Simons "We collectively assume...that we pay attention to more than we do, that our memories are more detailed and robust than they are, that confident people are competent people, that we know more than we really do, that coincidences and correlations demonstrate causation, and that our brains have vast reserves of power that are easy to unlock," the authors state. "But in all these cases, our intuitions are wrong."
- 🌟 **Motor Learning & Performance:** R.A. Schmidt and C.A. Wrisberg, Human Kinetics Publishers: Combines a conceptual model of motor performance with a principles-to-application learning approach, making comprehension of the principles of motor performance and learning accessible even for students with little or no knowledge of physiology, psychology, statistical methods, and other basic sciences.



# Recommended Reading for General Human Factors

- 🌟 **Killing, The Psychological Cost of Learning to Kill in War and Society:** Dave Grossman: Another classic for military and law enforcement officers and trainers. How people react to high levels of stress and violence.
- 🌟 **On Combat, The Psychology and Physiology of Deadly Conflict in War and in Peace:** Dave Grossman with Loren Christensen: On Combat looks at what happens to the human body under the stresses of deadly battle the impact on the nervous system, heart, breathing, visual and auditory perception, memory - then discusses new research findings as to what measures warriors can take to prevent such debilitations so they can stay in the fight, survive, and win.
- 🌟 **Sharpening the Warrior's Edge:** Bruce K. Siddle. One of the classic studies of performance under stress. Critical for law enforcement and military trainers and officers. Good for military, law enforcement, fire, rescue, and aviation personnel.





# Recommended Reading for General Human Factors

- **Perception, Cognition, and Decision Training - The Quiet Eye in Action:** Joan Vickers: The book is organized into three parts. **Part I** introduces the visuomotor system and two processing systems that work together to permit the great range of actions humans perform. Eye-tracking technology is reviewed along with new possibilities for measuring what athletes really see when they perform. In **Part II**, the author presents a unique framework of gaze control. Readers will learn how skilled athletes control the gaze to gain optimal control of their attention and decision making. The quiet eye phenomenon, measurement, and training are also addressed. **Part III** describes the three-step decision-training model and its application to how coaches design practice, provide feedback, use questions, and give instructions. Case studies show how others are using the model and the seven decision-training tools.
- 🌟 **Sharpening the Warrior's Edge:** Bruce K. Siddle. One of the classic studies of performance under stress. Critical for law enforcement and military trainers and officers. Good for military, law enforcement, fire, rescue, and aviation personnel.



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- **Sway - The Irresistible Pull of Irrational Behavior:** Ori Brafman and Rom Brafman. Psychology of decision making, and common reasons we make errors in judgment. More slanted toward the business side of decision making.
- 🌟 **Tactical Edge – Surviving High Risk Patrol:** Charles Remsberg: Extensive, advanced text of realistic tactical options for defeating violent offenders in life-threatening situations, including vehicle stops, domestic disturbances, armed robberies, building searches, barricaded subjects, and hostage officer crises. Addresses mental conditioning, tactical thinking and a host of special problems, whether you respond to dangerous calls alone, with a partner or as part of a tactical team.
- **The Checklist Manifesto - How to Get Things Right:** Atul Gawande. A book on complex tasks and team dynamics/performance. Told from a surgeon's perspective, but with examples from aviation, business and other fields.



# Recommended Reading for General Human Factors

- 🌟 **The Field Guide to Understanding Human Behavior:** Sidney Decker: The Field Guide to Understanding 'Human Error' will help you understand a new way of dealing with a perceived 'human error' problem in your organization. It will help you trace how your organization juggles inherent trade-offs between safety and other pressures and expectations, suggesting that you are not the custodian of an already safe system. It will encourage you to start looking more closely at the performance that others may still call 'human error', allowing you to discover how your people create safety through practice, at all levels of your organization, mostly successfully, under the pressure of resource constraints and multiple conflicting goals.
- **The Power of Habit:** Charles Duhigg. Good reading to better understand habit patterns and how the brain learns them (Cue, routine, and reward). Chapters include the Habits of Individuals, Habits of Successful Organizations, and Habits of Society.



# Recommended Reading for General Human Factors

- **The Unthinkable - Who Survives When Disaster Strikes:** Amanda Ripley: A compelling look at instinct and disaster response as she explores the psychology of fear and how it can save or destroy us. Ripley takes readers through the three stages of reaction to calamity: disbelief, deliberation, and action.
- 🌟 **Thinking, Fast & Slow:** Kaniel Kahneman. Compares the quick thinking of the emotional system with the slower thinking of the frontal lobe.
- 🌟 **Violent Encounters** - A study of assaults on LE officers. August 2006, FBI Publication #0383
- 🌟 **Warrior Mindset:** Dr. Michael Asken, Loren W. Christensen, & Lt. Col. Dave Grossman. Here are just a few of the many things that are in the book:
  1. The thorough explanation of what physical exertion upon the body does to the mind.
  2. How to condition the mind before, during, and after a potential violent confrontation.
  3. The breakdown and detailed explanation on how to build a warrior mindset.
  4. Various mental training techniques.



# Optional: Deeper Science Reading On Human Factors

- 🌟 **Why Zebras Don't Get Ulcers - The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping: Robert M. Sapolsky** In much of modern city life (even without stalking lions), such stress is often chronic, making your stress-response mechanism work dangerously overtime, and putting your body at risk of numerous stress-related disorders and diseases. Robert M. Sapolsky, a leading neuroendocrinologist, explains it all in this lively and entertaining, yet highly informative book.
- **Young Men and Fire: Norman Maclean.** This book and the two below look at failures of “elite” units. Common themes include leadership, training, communications, strategy and situational awareness.
- **102 Minutes – Fight To Survive Inside the Twin Towers, Jim Dwyer & Kevin Flynn**