Title: Principles of Agile Mindfulness and Dispersed Intergenerational Learning

Description: Sharing YouTube videos, Netflix documentaries / movies, books

Mindful Citizen Reading List - Open Source Citizenship guide to enlightenment. Knowledge gained over time through continued learning. No single book can offer the answer but rather wisdom comes by choosing the best of all the things you intellectually consume.

\*Phil Emrie internet article subscription. Search email and add articles has sent me over the years.

\*Link to trello. Each person logs on and different teams so can see what other people are reading. Can then discuss later.

Movies:

* “Minimalism” on Netflix
  + <https://minimalismfilm.com/>
  + The Minimalists Blog: <http://www.theminimalists.com/>
* “Innsaei: The Power of Intuition” on Netflix
  + Getting in touch with intuition, mindfulness practices
  + <https://zeitgeistfilms.com/film/innsaeithepowerofintuition>
* Sir Ken Robinson Ted Talk -
  + <https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity>
  + Reforming how children learn and education system
* Harry Baker TedxExeter
  + <https://www.youtube.com/watch?v=cxGWGohIXiw>
* Wintergatan Marble Machine
  + <https://www.youtube.com/watch?v=IvUU8joBb1Q>
* Sommarfågel
  + <https://www.youtube.com/watch?v=SBK2AF-NdVA>
* Chess instills new dreams in kids from rural Mississippi county
  + <http://www.cbsnews.com/news/kids-fight-stereotypes-using-chess-in-rural-mississippi/>
* Aaron Swartz - Anonymous - The Story of Aaron Swartz Full Documentary
  + <https://youtu.be/gpvcc9C8SbM>
  + <https://en.wikipedia.org/wiki/Aaron_Swartz> : Cofounder of Reddit website.
  + Cofounder of Reddit and his life history of trying to transform the world but went too far. Cautionary tale for becoming too attached to progress. Need to be mindful about what is actually possible and cautious to not try to change too much at once, especially with regard to established institutions of power that want to stay in power, Machiavelli. By remaining impartial and trying to implement positive social change that is unbiased one can avoid many of Aaron’s inability to overcome existing power dynamics. (See “Turning Negative Thinkers Into Positive Ones).
* Why Time Flies: A Mostly Scientific Investigation by Alan Burdick
  + <https://www.amazon.com/Why-Time-Flies-Scientific-Investigation/dp/141654027X>
  + Already have on Kindle just need to find way to share it
* What I learned from 100 Days of Rejection
  + <https://www.youtube.com/watch?v=-vZXgApsPCQ&t=36s>
* How I’m Fighting Bias In Algorithms
  + <https://www.youtube.com/watch?v=UG_X_7g63rY>
* Turning Negative Thinkers Into Positive Ones
  + <https://www.nytimes.com/2017/04/03/well/live/turning-negative-thinkers-into-positive-ones.html?smid=fb-nytimes&smtyp=cur>
* Deep Learning with Emojis (not math)
  + <https://tech.instacart.com/deep-learning-with-emojis-not-math-660ba1ad6cdc>
  + Can do similar things using IBM Watson. Kyla you will soon learn how to do this!
* This is Water by David Foster Wallace
  + <https://youtu.be/MZjpihl2pfg>
  + Speech at Kenyon College!!
  + One of Alex’s favorite videos about mindfulness and compassion for others. Concept that our default setting is to be completely self centered. Balanced life.
  + Watch full speech.
* The Art of Design Series
  + Netflix
  + <http://m.imdb.com/title/tt6333098/>
* The three year swim club book
* Machiavelli The Prince
* Coined (about history of money)
* Future of the mind (Michio Kiaku theoretical physicist)
* Sam Harris Neuroscientist from minimalists documentary
* Zen Habits from minimalist documentary
* “On Tyranny: Twenty Lessons from the 20th Century” by Timothy Snyder
* Liberal Arts college commencement speeches
* Ted Talks
* Data and Goliath
* Gattaca
* Online lectures by Dalai Lama
* West Point Ways of Leadership