

Reading schedule for January – March 2018 in “Altered Traits” by Goleman & Davidson

month.wk	date	TEACHING	READING	
			Chapter	pages
1.1	01/04/18	“Mindfulness”		
1.2	01/11/18	Intro	1 & 2	Intro - 40
1.3	01/18/18	Intro & mindfulness	3 & 4	41-80
1.4	01/25/18	Stress & compassion	5 & 6	81-122
2.1	02/01/18	“Shamatha, or Single-pointed Meditation”		
2.2	02/08/18	Attention	7	123-146
2.3	02/15/18	Self & physical health	8 & 9	147-190
2.4	02/22/18	Psychotherapy	10	191-208
3.1	03/01/18	“The Four Immeasurables & the Enlightened Mind: Compassion and Bodhicitta”		
3.2	03/08/18	Yogi's brain & altered traits	11 & 12	209-248
3.3	03/15/18	Altered traits (cont)	13	249-274
3.4	03/22/18	Exercising a healthy mind	14	275-292
3.5	03/29/18	Review & conclusion	Review 1-14	entire book