



Book Recommendation

Shift by Ethan Kross

There are some books that don't just inform us – they quietly equip us. *Shift* by Ethan Kross is one of those books. Kross is not only a bestselling author, but a world-leading psychologist and neuroscientist, Director of the Emotion & Self-Control Laboratory at the University of Michigan. His work sits at the intersection of science and everyday life – helping us understand one of the most human experiences we have: our emotions.

And perhaps more importantly, how to work with them. At its heart, *Shift* offers a simple but profound idea: **we may not be able to control the emotions that arise, but we can learn to shift how we relate to them.**

This is not about suppressing feelings or “staying positive”. It is about understanding emotions as information – signals, not instructions. When we first encountered Kross' work, it deeply resonated with the development of our recent parent course, *The 7 Habits of Wellbeing-Wise Families*. His scientific insights have helped shape the practical language we use with families – particularly around emotional awareness, regulation, and response.

For example, one of the most powerful shifts Kross describes is moving from **reaction to response**. In the busyness of family life – a rushed morning, a tired afternoon, a challenging conversation – it is easy to move quickly from feeling to reacting. But Kross reminds us that there is a space, however small, between those two moments. And in that space... there is choice.

A simple, practical invitation drawn from his work: **Pause – Notice – Choose**

- Pause – take a breath (or three)
- Notice – what am I feeling? What is my body telling me?
- Choose – what response aligns with the person I want to be? (or as we might say – what response aligns with my personal manifesto)

This is not about getting it right every time. It is about practising the skill. Because, as Kross reinforces, emotional regulation is not a personality trait – it is a learnable, repeatable skill. And this is where we see a beautiful alignment with *My Manifesto*.

When we take the time to clarify who we are, what we value, and how we want to live, we create a reference point for these moments. Not in the abstract, but in the real, lived experiences of our day. As we often say, and as one of our inspiration cards reminds us: *“When faced with a decision, choose an option that moves you in the direction of your manifesto.”*

Kross' work gives us the tools. Your manifesto gives you the direction. Together, they offer something powerful – the ability to navigate life with greater calm, clarity, and intention.



Shift is a book grounded in science, yet deeply practical. It is filled with small, actionable strategies that can be applied immediately – whether you are a parent, educator, leader, or simply someone trying to live well in a complex world.

We warmly invite you to explore its wisdom. You may find, as we did, that the greatest shift is not in your emotions... but in your relationship with them.

Go well.