Course Reading List
AoE300: Exploring the Art of Empathy

Week 1
Empathy 1

**Reading review:** Chapter 1 in *The Art of Empathy* (focusing on the story of Joseph and Iris on pages 6-9, and the empathic inventory on pages 12-16)
Pages 26-40 (focusing on The Six Essential Aspects of Empathy)

Empathy 2

**Reading review:** Pages 40-42 (Empathy for Yourself) in *The Art of Empathy*
Chapter 5 in *The Art of Empathy*

Empathy 3

**Reading review:** Pages 171-173 on Emotion Work in *The Art of Empathy*
Chapter 10, focusing on pages 248-253 (Emotion Work)

Week 2

Emotional Styles 1

**Reading review:** Chapter 3 in *The Emotional Life of Your Brain*.

Emotional Styles 2

**Reading review:** Chapter 11 in *The Emotional Life of Your Brain*
Pages 139-144 in *The Art of Empathy*

Emotional Styles 3

**Reading review:** See your *Emotional Styles Diagram* from this week and the *Empathic Inventory plus Six Aspects Worksheet* you filled out last week
Week 3

Communication Skills 1

Reading review: Chapter 3 in The Art of Empathy, focusing on pages 58-81

Communication Skills 2

Reading review: Chapter 4 in The Art of Empathy
Pages 193-198 in The Art of Empathy

Communication Skills 3

Reading review: Chapter 8 in The Art of Empathy

Week 4

Emotion Work 1

Reading re-review: The sections on Emotion Work: Pages 171-173 and pages 248-253 in The Art of Empathy

Emotion Work 2

Reading review: Chapter 6 in The Art of Empathy

Emotion Work 3

Reading review: Chapter 7 in The Art of Empathy