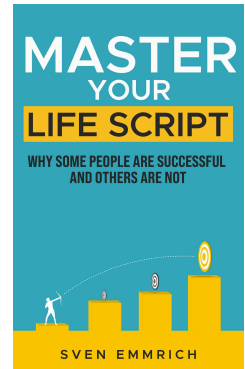


People & Sources

The people behind the ideas.
An alphabetical index.

In the preface to *What Is Life?*, Erwin Schrödinger makes the case for connecting knowledge across disciplines, even when individual expertise remains incomplete. The book follows that spirit: how do we understand the world, what moves us to act, and how can we shape our own story more deliberately?

Starting point: Erwin Schrödinger · *What Is Life?* · Preface (1944) ↗
Paraphrase, not a direct quotation.



The building blocks come from different intellectual traditions. The book's contribution is to connect them for practical decisions, learning and change.

INSPIRATION

Explicitly identified by the author as a personal inspiration.

RELATED PERSPECTIVE

A complementary connection, not claimed as a personal influence.

CONCEPTUAL SOURCE

A conceptual source or tradition relevant to the idea.

BOOK SYNTHESIS

The book's particular application, metaphor or connection.

Selected reference points, not an exhaustive bibliography or evidence of a unified scientific theory. Naming a person does not imply their endorsement. Sources link to original texts, publisher pages or identified overviews. Chapter references avoid pagination differences across formats.

masteryourlifescrypt.com ↗

Abramson — Carroll

Person · Connection to the book · Sources

A Abramson, Lyn

CONCEPTUAL SOURCE

Chapter references 4

Recognising learned helplessness

[Abramson, Seligman & Teasdale · Learned helplessness in humans \(1978\)](#) ↗

A Atkinson, John W.

CONCEPTUAL SOURCE

Chapter references 3

Value, expectancy and motivation

[John W. Atkinson · Motivational determinants of risk-taking behavior \(1957\)](#) ↗

B Bandura, Albert

CONCEPTUAL SOURCE

Chapter references 3, 15

Can I carry out the action? · Expected action-outcome relationship · Grounding confidence in experience

Self-efficacy; the expected action-outcome relationship is the book's terminology, not Bandura's original term.

[Albert Bandura · Self-efficacy \(1977\)](#) ↗

B Brown, Brené

RELATED PERSPECTIVE

Chapter references 6

Examining mistakes without self-condemnation

Shame and guilt.

[Brené Brown · Shame vs. Guilt \(2013\)](#) ↗

B Burch, Noel

CONCEPTUAL SOURCE

Chapter references 13

Taking the learning stages seriously

[Gordon Training · Learning stages / Noel Burch](#) ↗

B Burnett, Bill

CONCEPTUAL SOURCE

Chapter references 16

Prototyping possible futures

[Bill Burnett & Dave Evans · Designing Your Life · Project history](#) ↗

C Campbell, Joseph

INSPIRATION

Chapter references 1

Shaping your own story

The hero's journey as narrative inspiration.

[Joseph Campbell · The Hero with a Thousand Faces \(1949\) · JCF](#) ↗

C Carroll, Sean

INSPIRATION

Chapter references 2–3

The world and our model of it

[Sean Carroll · Poetic Naturalism / The Big Picture](#) ↗

Clance — Edmondson

Person · Connection to the book · Sources

-
- C Clance, Pauline Rose**
CONCEPTUAL SOURCE Chapter references 16
Separating capability from impostor feelings
Pauline R. Clance & Suzanne A. Imes · [The impostor phenomenon \(1978\)](#) ↗
-
- C Cooley, Charles Horton**
CONCEPTUAL SOURCE Chapter references 5
The hidden co-authors
Primary groups and social influence.
Charles H. Cooley · [Social Organization](#) · [Primary Groups \(1909\)](#) ↗
-
- C Csikszentmihalyi, Mihaly**
CONCEPTUAL SOURCE Chapter references 12
Connecting challenge and skill
Mihaly Csikszentmihalyi · [Flow](#) · [CGU interview \(2000\)](#) ↗
-
- D Dahrendorf, Ralf**
CONCEPTUAL SOURCE Chapter references 7
Playing a role without becoming the role
Must-, should- and can-expectations.
Ralf Dahrendorf · [Homo Sociologicus](#) · [Excerpt](#) ↗
-
- D Dalio, Ray**
CONCEPTUAL SOURCE Chapter references 11
Facing contradictory evidence
Reflection on mistakes; not the originator of dissonance theory.
Ray Dalio · [Principles](#) · [Pain + Reflection = Progress](#) ↗
-
- D Deci, Edward**
CONCEPTUAL SOURCE Chapter references 5, 8, 12
Personal goals and external incentives
Richard Ryan & Edward Deci · [Intrinsic and Extrinsic Motivations \(2000\)](#) ↗
-
- D Dweck, Carol**
CONCEPTUAL SOURCE Chapter references 15
Grounding confidence in experience
Developable abilities / growth mindset.
Carol Dweck · [Mindset Works](#) · [Author articles](#) ↗
-
- E Edmondson, Amy**
RELATED PERSPECTIVE Chapter references 16
Making mistakes useful for learning
Psychological safety.
Amy Edmondson · [Psychological Safety and Learning Behavior \(1999\)](#) ↗
-

Evans — Lewin

Person · Connection to the book · Sources

-
- E** **Evans, Dave** Chapter references 16
CONCEPTUAL SOURCE
Prototyping possible futures
[Bill Burnett & Dave Evans · Designing Your Life · Project history ↗](#)
-
- F** **Festinger, Leon** Chapter references 11
CONCEPTUAL SOURCE
Facing contradictory evidence
Cognitive dissonance and rationalisation.
[Leon Festinger · A Theory of Cognitive Dissonance \(1957\) ↗](#)
-
- F** **Friston, Karl** Chapter references 2–3
INSPIRATION
The world and our model of it
Conceptual background, not validation of the book's full synthesis.
[Karl Friston · The free-energy principle \(2010\) ↗](#)
-
- G** **Goffman, Erving** Chapter references 7
CONCEPTUAL SOURCE
Playing a role without becoming the role
Role distance.
[Erving Goffman · Encounters \(1961; linked reprint\) ↗](#)
-
- G** **Gollwitzer, Peter** Chapter references 8
CONCEPTUAL SOURCE
From intention to action
Implementation intentions.
[Peter Gollwitzer · Implementation intentions · Publication index ↗](#)
-
- H** **Heckhausen, Heinz** Chapter references 3
CONCEPTUAL SOURCE
Expected action-outcome relationship · Value, expectancy and motivation
Motivational background to the expected action-outcome relationship; the book's terms are not identical to the historical model.
[J. Heckhausen & H. Heckhausen \(eds.\) · Motivation und Handeln \(2006\) ↗](#)
-
- I** **Imes, Suzanne A.** Chapter references 16
CONCEPTUAL SOURCE
Separating capability from impostor feelings
[Pauline R. Clance & Suzanne A. Imes · The impostor phenomenon \(1978\) ↗](#)
-
- L** **Lewin, Kurt** Chapter references 14
CONCEPTUAL SOURCE
Stabilising change through experience
Unfreezing, change, freezing. The book's metaphors are its own illustrations.
[Kurt Lewin · Frontiers in Group Dynamics \(1947\)](#)
-

McGoldrick — Rheinberg

Person · Connection to the book · Sources

M McGoldrick, Monica

CONCEPTUAL SOURCE

Chapter references 5

Making family patterns visible

Genogram work with colleagues.

Monica McGoldrick et al. · Genograms · Publisher excerpt ↗

M Mead, George Herbert

CONCEPTUAL SOURCE

Chapter references 5, 7

The hidden co-authors · Playing a role without becoming the role

The generalised other and the role-theory tradition.

George H. Mead · Mind, Self and Society (1934) ↗

M Muller, Derek · Veritasium

INSPIRATION

Chapter references 2, 16

Generating and testing explanations

Empirical and Bayesian thinking; the video is a complementary reference.

Veritasium · The Bayesian Trap (2017) ↗

N Neff, Kristin

RELATED PERSPECTIVE

Chapter references 6

Examining mistakes without self-condemnation

Self-compassion.

Kristin Neff · Self-compassion, self-esteem, and well-being (2011) ↗

P Peirce, Charles S.

CONCEPTUAL SOURCE

Chapter references 2, 16

Generating and testing explanations

Abduction: generating and testing possible explanations.

Charles S. Peirce · Manuscript L75 · Abduction ↗

P Peterson, Jordan

INSPIRATION

Chapter references 1

Shaping your own story

Self Authoring, developed with collaborators.

Peterson et al. · Self Authoring / Future Authoring ↗

R Rand, Ayn

INSPIRATION

Chapter references 2

Natural laws and human-made rules

Ayn Rand · The Metaphysical Versus the Man-Made ↗

R Rheinberg, Falko

CONCEPTUAL SOURCE

Chapter references 3

Expected action-outcome relationship · Value, expectancy and motivation

Conceptual connection to the expected action-outcome relationship; the models are not treated as interchangeable.

J. Heckhausen & H. Heckhausen (eds.) · Motivation und Handeln (2006) ↗

Ries — Storch

Person · Connection to the book · Sources

R Ries, Eric

RELATED PERSPECTIVE

Chapter references 16

Prototyping possible futures

Validated learning / Lean Startup as a complementary parallel.

[Eric Ries](#) · [The Lean Startup](#) · [Principles](#) ↗

R Ryan, Richard

CONCEPTUAL SOURCE

Chapter references 5, 8, 12

Personal goals and external incentives

[Richard Ryan & Edward Deci](#) · [Intrinsic and Extrinsic Motivations \(2000\)](#) ↗

S Schrödinger, Erwin

CONCEPTUAL SOURCE

Chapter references 16

Connecting across disciplinary boundaries

Cross-disciplinary synthesis as the methodological starting point.

[Erwin Schrödinger](#) · [What Is Life?](#) · [Preface \(1944\)](#) ↗

S Schulz von Thun, Friedemann

CONCEPTUAL SOURCE

Chapter references 6

Leading the inner team

[Friedemann Schulz von Thun](#) · [Das Innere Team](#) ↗

S Schumpeter, Joseph A.

RELATED PERSPECTIVE

Chapter references 7

Combining new possibilities

New combinations; the application to personal roles is the book's connection.

[Joseph A. Schumpeter](#) · [The Theory of Economic Development](#) · [New combinations](#) ↗

S Seligman, Martin

CONCEPTUAL SOURCE

Chapter references 4

Recognising learned helplessness

[Abramson, Seligman & Teasdale](#) · [Learned helplessness in humans \(1978\)](#) ↗

S Sparrer, Insa

CONCEPTUAL SOURCE

Chapter references 11

More than two possibilities

Modern systemic application, not the origin of the ancient logical form.

[Insa Sparrer & Matthias Varga von Kibéd](#) · [SySt / Tetralemma](#) ↗

S Storch, Maja

INSPIRATION

Chapter references 8

The goal pyramid

Confirmed inspiration for the goal pyramid; the book's four levels are not claimed as an exact reproduction.

[Maja Storch](#) · [Motto-Ziele, S.M.A.R.T.-Ziele und Motivation \(2009\)](#) ↗

Teasdale — Zeigarnik

Person · Connection to the book · Sources

T Teasdale, John

CONCEPTUAL SOURCE

Chapter references 4

Recognising learned helplessness

[Abramson, Seligman & Teasdale · Learned helplessness in humans \(1978\)](#) ↗

V Varga von Kibéd, Matthias

CONCEPTUAL SOURCE

Chapter references 11

More than two possibilities

Modern systemic application of the tetralemma.

[Insa Sparrer & Matthias Varga von Kibéd · SySt / Tetralemma](#) ↗

V Vroom, Victor

CONCEPTUAL SOURCE

Chapter references 3

Value, expectancy and motivation

Valence, instrumentality and expectancy. Not interchangeable with self-efficacy and the expected action-outcome relationship.

[Victor Vroom · Work and Motivation \(1964\) · VIE overview, APA](#) ↗

Z Zeigarnik, Bluma

CONCEPTUAL SOURCE

Chapter references 13

Unfinished thoughts and explanations

“Zeigarnik threads” are a metaphorical extension in the book.

[Bluma Zeigarnik · On Finished and Unfinished Tasks \(1927; translation\)](#) ↗
