

The Going Deeper Index

Find a reading by topic

Navigating Transition • Building Brotherhood • Igniting Jubilee

Nothing on these pages is assigned. The program is the conversation in the room, plus one short reading a week (the short list after the topics). Everything else here is for the man who wants more on something that matters to him right now. Find your topic, pick **one** reading, and stop there; you can always come back. The minutes are honest reading times at an easy pace (a few items are exercises or videos and say so). **Where it lives** is the folder in the shared WhyzMen drive: S5 • Recommended Readings means the Session 5 folder, then its Recommended Readings subfolder; the file name is underneath. Toolkit means the Communications and Relationships Toolkit folder. If you would rather have a printed copy, ask a facilitator for the PDF.

Start with the shorter one. One reading used is worth more than five filed.

By topic

Retirement & the transition

Reading	Min.	One line	Where it lives
The Four Phases of Retirement Riley Moynes (TED)	3	Vacation, loss, trial and error, rewire: the talk in brief, with the link to the 11-minute video.	S1 • Recommended Readings Riley Moynes Four Phases.docx
What You Will Lose When You Retire	web	An online piece on what work quietly gave you; background to the Five Losses.	S1 • Going Deeper References what-you-will-lose-when-you-retire.url
Designing a Meaningful Second Half Dave Evans, Hidden Brain	20	Five beliefs that get in the way and five design principles that help, with reflection questions.	S6 • Recommended Readings Designing_a_Meaningful_Second_Half_WhyzMen_r2.docx
From Curious Investigator to Accomplished Doer	16	Why the second half shifts from exploring to finishing, and how to close the open loops.	S3 • Going Deeper References Go_Deeper_From_Curious_Investigator_to_Accomplished_Doer_r1.docx

The two halves of life

Reading	Min.	One line	Where it lives
Falling Upward in brief Richard Rohr	3	The container, the necessary fall, and what the second half is for.	S2 • Recommended Readings Falling Upward notes.docx
Summary of Falling Upward the longer summary	6	Rohr's whole argument chapter by chapter, for the man who wants more than the brief.	S1 • Recommended Readings Summary of Falling Upward.pdf
The Two Halves of Life Reader's Companion: Rohr & Brooks	5	Two maps of the same climb: Rohr's inner shift and David Brooks's moral one.	S3 • Recommended Readings Reader_Companion_Two_Halves.docx (or .pdf)
James Hollis on the Second Half	3	The psychologist's map: the provisional self, the shadow, and choosing enlargement over comfort.	S3 • Going Deeper References Hollis_Appendix_Reference_Note.docx (or .pdf)

Marriage & home

Reading	Min.	One line	Where it lives
Emotional Loneliness and the Roommate Marriage	12	Feeling unknown inside a long marriage, and what to do when she does not share your vision.	S4 • Going Deeper References Emotional Loneliness.docx
Why We Misunderstand Each Other Deborah Tannen, Hidden Brain	10	Pauses, interruptions and "metamessages": why a conversation goes wrong when no one means harm.	S4 • Going Deeper References Tannen_Conversational_Style_HiddenBrain_Summary.md.docx

Reading	Min.	One line	Where it lives
Making Another Person Feel Seen Allison Pugh	5	Seven guidelines for men on "connective labor": slow down, pass the ball, drop your first guess.	S10 · Recommended Readings Go_Deeper_Making_Another_Person_Feel_Seen_r2.docx

Your story

Reading	Min.	One line	Where it lives
Why We Write Our Story	8	McAdams, Allender and Pennebaker on why writing your past shapes the man you become.	S5 · Recommended Readings Why We Write Our Story.docx (or .pdf)
Dan Allender: God as the Author	10	Reading your life as a text written by a purposeful Author, with you as co-author.	S5 · Recommended Readings Allender_Reference.docx (or .pdf)
Narrative Identity Dan McAdams	13	You are the story you tell: nuclear episodes, redemption, generativity.	S5 · Recommended Readings Narrative Identity_mcadams.pdf
Jonathan Adler	2	The story you tell is the meaning you make, and meaning can be revised.	S5 · Recommended Readings Jonathan M Adler.docx (or .pdf)
James Pennebaker: Expressive Writing	7	The 15-minutes-a-day, four-day writing protocol and why it clears the deck.	S5 · Going Deeper References James Pennebaker.docx (or .pdf)
The Life Story Interview II Dan McAdams	12	The researcher's own interview: chapters, key scenes, the future. Longer if you answer it.	S5 · Going Deeper References The-Life-Story-Interview-II-2007.pdf
Redemption & Contamination	14	How we tell the turns in our lives, and why the telling matters (Genesis 41:52).	S7 · Recommended Readings redemption-contamination.html

Values

Reading	Min.	One line	Where it lives
The Thread	13	What has been true of you in every chapter, and where God is in the turns.	S7 · Recommended Readings the-thread.html
Building a Compass & Living into Values Burnett & Evans · Brené Brown	5	The needle and the rudder: a worldview and lifeview, then two named values with behaviors.	S7 · Going Deeper References Session_7_Compass_and_Values_Going_Deeper_r1.docx
Living Into Our Values Brené Brown worksheet	10	An exercise: choose your two values, then name what they look like, and what slipping looks like.	S7 · Going Deeper References 22_0120-Values-Documents-BBbrandedUU.pdf
Operationalizing Your Values Brené Brown behavior list	8	A long list of sample behaviors to borrow when one value needs words.	S7 · Going Deeper References List-of-Behaviors-for-Operationalizing-Org-Values_092121.pdf

Strengths & gifts

Reading	Min.	One line	Where it lives
VIA Character Strengths: A Brief Orientation	3	The free 24-strength survey: what it measures and what your signature strengths are.	S7 · Recommended Readings VIA Character.docx
Discover Your CliftonStrengths	5	Gallup's 34 themes, the Top 5 assessment, and putting them to work in the second half.	S8 · Recommended Readings Discover_Your_CliftonStrengths_r1.html
Gifts in Scripture	2	Romans 12:4-8, 1 Peter 4:9-11 and 1 Corinthians 12:7, side by side.	S9 · Recommended Readings Gifting Prep for S9.docx
The Caring Shift	15	Why real learning changes what you love, not just what you know.	S5 · Recommended Readings S5_Digital_Companion Caring Shift.html

Faith & calling

Reading	Min.	One line	Where it lives
Why the Second Half Needs Its Own Faith	15	The faith that built you may not be the faith that carries you home (Isaiah 46:4).	S9 · Recommended Readings second-half-faith_merged_r1.html
Poiema: God's Poem Still Being Written	8	One word from Ephesians 2:10 and what it says about a life not yet finished.	S9 · Recommended Readings poiema-essay.html
Jubilee: the theology beneath the sun	3	Leviticus 25 to Luke 4: release, return and rest, and why the byline says Igniting Jubilee.	S9 · Recommended Readings WhyzMen_Jubilee_Backgrounder.docx
Big P, Little p	10	Whose you are, and what you are for this season: two words for one calling.	S11 · Recommended Readings WhyzMen_S11_Reading_Big_P_Little_p_r1.pdf

Also see: The Caring Shift (Strengths & gifts) ties what you now care about to your Faith Foundation.

Friendship & community

Reading	Min.	One line	Where it lives
Building Friendships in Retirement	7	Busy but lonely: why friendships fade after work, and the five ingredients that build them.	S10 · Recommended Readings Building_Friendships_in_Retirement_r3.docx
Who Are Your Five? Robin Dunbar	6	The circles of friendship, and why the inner ring is where retired men run short.	S10 · Recommended Readings Who_Are_Your_Five_Dunbar_Explainer_r1.pdf
Building New Relationships After Retirement	20	The loneliness epidemic, the triad, the Barnabas model: the full companion reading.	S10 · Going Deeper Readings Building_New_Relationships_After_Retirement_r4.docx
Meaningful Conversations: three books, seven moves	6	From acquaintance to the friend you could call at two in the morning.	S10 · Going Deeper Readings Go_Deeper_Meaningful_Conversations_r1.docx
The Three Big Myths of Mentoring Adam Grant	3	Why the giver gains as much as the receiver, and why questions beat answers.	S11 · Recommended Readings WhyzMen_ReadDeeper_Grant_Three_Myths_of_Mentoring_r2_1.docx

Listening & conversation

Reading	Min.	One line	Where it lives
The Communication & Relationships Toolkit	25	The six skills: Listen · Ask · Speak Truly & Encourage · At Home · Build & Host · Take Stock. A library: dip into the section you need.	Toolkit Communication_and_Relationships_Toolkit_r4.docx
Where Do I Start?	3	Match the question on your mind to the one card, page or reading that answers it.	Toolkit WhyzMen_Where_Do_I_Start_r2.docx
Listening Well Voss · Brooks · Duhigg and others	10	The reasons behind your Listening Kit: show him you heard him, ask better questions.	Toolkit Listening_Well_S10_Going_Deeper_r3.docx
10 Ways to Have a Better Conversation Celeste Headlee	4	Her ten rules in brief, and the three already in your covenant.	Toolkit 10_Ways_to_Have_a_Better_Conversation_r2.docx
Conversations That Matter Headlee, for men	6	The same ten rules applied to a triad: be interested, not interesting.	S10 · Recommended Readings Go_Deeper_Conversations_That_Matter_Headlee_r1.docx
The Power of Being Seen Allison Pugh, the long version	14	The stories behind "connective labor": the chaplain, the cookies, the rocks.	S4 · Going Deeper References Power of Being Seen.docx

Reading	Min.	One line	Where it lives
Listening vs Fixing	1	One playful page: two superpowers, only one of which works at home.	Toolkit WhyzMen_Listening_vs_Fixing_Playful_v3_Evoke_No.pdf
The Presence Practice	15	A thirteen-week, six-phase listening practice for after the program (15 minutes to read; the practice takes the weeks).	S15 · Going Deeper References WhyzMen_Reference_The_Presence_Practice_r1.docx

Also see: Why We Misunderstand Each Other (Marriage & home): Tannen on conversational style.

Mission & purpose

Reading	Min.	One line	Where it lives
Where a Mission Comes From	12	Five voices behind the three rungs of your mission (John 20:21).	S11 · Recommended Readings S11_Digital_Companion Where a Mission Comes From.html
Cultivating Purpose Anthony Burrow, Cornell	11	Why purpose is built, not found, and why a mission is not a goal.	S11 · Going Deeper References WhyzMen_ReadDeeper_Burrow_Cultivating_Purpose_r2.pdf
The Meaning Audit	20	An exercise in personal archaeology: where your meaning has actually come from, in numbers.	S11 · Recommended Readings Meaning_Audit_Reference.pdf
The Odyssey Plan	6	Design three different futures side by side before you lock one in.	S11 · Recommended Readings The Odyssey Plan.pdf
The Opportunity Map	13	Where your mission might go to work, sorted by who you serve and how you give. Browse it.	S13 · Going Deeper References WhyzMen_Opportunity_Map_r1.pdf

Vision & the essential few

Reading	Min.	One line	Where it lives
Why a Tuesday, Not a Target	12	How a vision for a life differs from a vision for a company (Habakkuk 2:2).	S12 · Recommended Readings S12_Digital_Companion Why a Tuesday Not a Target.html
Essentialism for the Second Half after Greg McKeown	9	Less, but better, at the season when it finally matters most.	S13 · Recommended Readings essentialism-second-half-r3.html
From Range to the Vital Few	9	For the man of many interests: why the generalist and the essentialist tell one story.	S13 · Going Deeper References range-to-the-vital-few.html

Also see: The Opportunity Map (Mission & purpose): read it with your mission sentence as the compass.

Habits & doing

Reading	Min.	One line	Where it lives
From Knowing to Doing G.I. Joe Fallacy · Rule of Life · Atomic Habits	20	Why knowing is not half the battle, and how a Rule and small habits close the gap. Part One alone is fine.	S8 · Recommended Readings WhyzMen_From_Knowing_to_Doing_Reference_r1.docx (or .pdf)
Rule of Life & Atomic Habits: going deeper Macchia · Benedict · Clear	6	The books behind your Rule, with which chapters to read and how.	S4 · Going Deeper References WhyzMen_Reference_Rule_of_Life_and_Atomic_Habits_Go_Deeper_r1.docx

Also see: From Curious Investigator to Accomplished Doer (Retirement & the transition): capture, review, finish.

Legacy & letters

Reading	Min.	One line	Where it lives
Writing an Ethical Will and Letters to Those I Love	25	Twelve guidelines, models from Scripture and history, three samples, and what to say (and not) in a letter.	S14 · Going Deeper References Writing_an_Ethical_Will_and_Letters_Reference_r1.docx (or .pdf)

How this program is built · for the curious

Reading	Min.	One line	Where it lives
Bloom's Taxonomy Explained	9	Why the program moves the way it does, and why the Charter is the deepest thinking in it.	S12 · Going Deeper References blooms-taxonomy-r2.html
Fink's Six Dimensions Explained	9	Why thinking deeper is not the same as being changed.	S8 · Going Deeper References Fink-dimensions-r4.html

FOR FACILITATORS · THE SPINE

The required readings, session by session

One short reading a week at most; most weeks the conversation is the reading. Everything else in this index is optional.

Session	Required reading	Where it lives
S1 · Nov 2	Riley Moynes, The 4 Phases of Retirement (11-minute video; 3-page summary with the link)	Session 1 · Recommended Readings Riley Moynes Four Phases.docx
S2 · Nov 9	Falling Upward in brief	Session 2 · Recommended Readings Falling Upward notes.docx
S3 · Nov 16	The Two Halves of Life (reader's companion), over the two-week window	Session 3 · Recommended Readings Reader_Companion_Two_Halves.docx (or .pdf)
S4 · Nov 30	None. The Kitchen Table Conversation is the reading.	—
S5 · Dec 7	Why We Write Our Story	Session 5 · Recommended Readings Why We Write Our Story.docx (or .pdf)
S6 · Dec 14	Genesis 50:20, read twice	Your Bible
S7 · Jan 4	None	—
S8 · Jan 11	None	—
S9 · Jan 18	None	—
S10 · Jan 25	The Listening Kit (one sheet), before the first triad meeting	Session 10 · Handouts WhyzMen_Listening_Kit_r2.docx
S11 · Feb 15	The Clearness Room Guide (covenant and checklist, after Parker Palmer)	Handed out at Session 11 pocket card: Toolkit · Cards · Card_T3_The_Clearness_Room_r1.docx
S12 · Feb 22	A Tuesday in 2031: the exemplar page	Session 12 Participant Guide (the marked exemplar page)
S13 · Mar 1	None	—
S14 · Mar 8	None	—
S15 · Mar 15	—	—

At each closing slide name at most two optional readings from this index, matched to the session's topic. A man who reads none of them is not behind.

For Dave • housekeeping

Recommendations only: nothing has been moved or deleted. "Same text" means the words match line for line.

Item	Keep	Archive	Why
Building New Relationships After Retirement	S10 • Going Deeper Readings • r4	r3 (same S10 folder) • r3 (Toolkit) • r2 (Claude outputs)	r4 is newest; same text plus a "20 MIN" tag.
Meaningful Conversations	S10 • Going Deeper Readings • Go_Deeper_Meaningful_Conversations_r1	Meaningful Conversations.docx (same folder) • the second _r1 copy in S10 • Recommended	Old file is unfinished notes (below).
Why We Write Our Story	S5 • Recommended • Why We Write Our Story (.docx, .pdf)	Why Write Our Story (.docx, .pdf), same folder	Same text; only the title differs.
The Presence Practice	S15 • Going Deeper • WhyzMen_Reference_The_Presence_Practice_r1	Its copies in S4 and S10 • Going Deeper; the old The_Presence_Practice.docx (S4)	Same text; it is the after-program practice. Old file is personal.
The Caring Shift	S5 • Recommended • S5_ copy	S10 • Recommended • S10_ copy • Claude outputs copy	Same page; calls itself a Session 5 reference.
Bloom's and Fink's	S12 • Going Deeper • Bloom r2; S8 • Going Deeper • Fink r4	The old copies: both in S6 • Recommended; Bloom (old) and Fink r3 in S8	Archive the old copies.
Writing an Ethical Will	S14 • Going Deeper • .docx and .pdf	S14 • Recommended • .pdf	Same PDF; S14 has no required reading.
From Knowing to Doing	S8 • Recommended • .docx and .pdf	S4 folder root • .docx and .pdf	Same text; S8 file is larger.
Rule of Life & Atomic Habits guide	S4 • Going Deeper • WhyzMen_Reference_Rule_of_Life_..._r1	S11 • Going Deeper • WhyzMen_Rule of Life and Atomic Go_Deeper_Reading_Guide	S11 file is the older version (old Charter numbers).
Making Another Person Feel Seen	S10 • Recommended • Go_Deeper_..._Feel_Seen_r2	Making Another Person Feel Seen.docx in S4 • Recommended and in the Toolkit folder	r2 is the newer version of the same piece.
Headlee's ten rules	Toolkit • 10_Ways_r2	Material for Other Sessions • 10_Ways_r1	r2 replaces r1. Your call: S10 Conversations That Matter repeats the rules.
Why a Tuesday, Not a Target	S12 • Recommended • the .html	S12 folder root • the copy with a comma in its name	Same page.
Claude outputs folder	—	Older copies of CliftonStrengths, Dunbar, Listening Well r1, essentialism, range	Each now lives in a session or Toolkit folder.

Personal, out of date or unfinished

- **Personal:** S4 • Going Deeper • The_Presence_Practice.docx names Sandra, Jessica, Adam and your grandchildren. Archive it; the r1 reference replaces it.
- **Unfinished:** S10 • Meaningful Conversations.docx is raw notes ending on a question to the reader.
- **Out of date:** S10A • WhyzMen_Wilderness_Between_Break_Reference_r1.docx has the old dates (Jan 19 – Feb 15; Session 11 on Feb 8). The calendar is now Jan 26 – Feb 14, Session 11 on Feb 15. Replace it with the current guide.
- **Old names:** Narrative Identity_mcadams.pdf has the old byline "Building Community • Celebrating Jubilee".
- **Facilitator file in a men's folder:** S10 • Recommended Readings • Session_10_Source_References_r2.docx is the annotated bibliography with CHECK rows. Move it to the facilitator folder.
- **File names:** the Grant Three Myths file ends _r2_1 (rename to _r2). The Thread and Redemption & Contamination say Session 6 but live in S7; Poema says Session 5 but lives in S9.
- **Not found:** no "Clearness Room Guide" file is in the inventory, though S11 requires it.