

“A Nurse with Fatal Breast Cancer Says End-of-Life Discussions Saved Her Life,” Health & Science, Amy Berman, *The Washington Post*, September 28, 2015

https://www.washingtonpost.com/national/health-science/a-nurse-with-fatal-breast-cancer-says-end-of-life-discussions-have-saved-her/2015/09/28/1470b674-5ca8-11e5-b38e-06883aacba64_story.html

The Blog of the Presidential Commission For The Study of Bioethical issues (blog.Bioethics.gov) issued a notice of proposed rulemaking (NPRM) in the Federal Register on September 8th regarding revisions to the Common Rule (Federal regulations that govern the protection of human subjects in research, including changes to the criteria for institutional review board (IRB) approval of research. This is the next installment in a blog series about those changes. Maneesha Sakhuja, October 5, 2015.

http://blog.bioethics.gov/2015/10/05/modernizing-human-subjects-research-protections-a-plan-for-return-of-results/?utm_source=Presidential+Commission+for+the+Study+of+Bioethical+Issues+List&utm_campaign=dfe64eb0dc-RSS_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_336f8c07f0-dfe64eb0dc-67210473

From the Petrie-Flom Newsletter:

How Patent Law Can Block Even Lifesaving Drugs

By Austin Frakt, quoting Benjamin Roin (Former Faculty Co-Director & Academic Fellow; Current Affiliated Faculty)
New York Times, September 28, 2015

How Prescription Drugs Get So Wildly Expensive

By Nick Stockton, quoting Rachel E. Sachs (Academic Fellow)
WIRED, September 23, 2015

Ruling against Obamacare birth control mandate creates legal limbo

By Jessica Mendoza, quoting Holly F. Lynch (Executive Director)
The Christian Science Monitor, September 18, 2015

“The 16 Most Absurd ICD-10 Codes, Katie Bo Williams,
HealthcareDive, August 15, 2015
<http://www.healthcaredive.com/news/the-16-most-absurd-icd-10-codes/285737/>

“Links Between Health Problems and Endocrine-disrupting Chemicals Now Stronger, Statement Argues,” Puneet Kollipara, *Science Magazine*, September 28, 2015
<http://news.sciencemag.org/health/2015/09/links-between-health-problems-and-endocrine-disrupting-chemicals-now-stronger>

“California governor signs bill legalizing physician-assisted suicide,” Sharon Bernstein, *Reuters*, October 5, 2015
<http://www.reuters.com/article/2015/10/05/us-usa-california-assisted-suicide-idUSKCN0RZ2BI20151005>

From the Religion and Ecology Newsletter:

“*Laudato Si'* Reflection Resource: On Care for Our Common Home”

“*Laudato Si'* Reflection Resource: On Care for Our Common Home,” developed by Terri MacKenzie, SHCJ, is a 5-session resource for group use. Pope Francis writes: I would like to enter into dialog with all people about our common home. (par. 3) That dialog is one goal of *Laudato Si'* Reflection Resource. Others include gathering for prayerful reflection on this document, and deepening our appreciation of integral ecology and our call to care for our common home.

Advantages of *Laudato Si'* Reflection Resource:

- Reading, praying, and discussing quotes from the Encyclical in a group provide a powerful experience and motivate further study;
- Devoting the first of five sessions to the encyclical's Introduction establishes a solid foundation for accepting the full document;
- Scripture excerpts included are useful now or any time, including

Lent;

- Pertinent videos and hymns enrich the sessions;
- Practical weekly action suggestions lead to lasting commitments;
- Material is free and 5-sessions are manageable.

This resource is available now at

<https://ecospiritualityresources.files.wordpress.com/2015/09/laudatosi-reflectionresource-oncare-2.pdf>

For more, visit:

<http://ecospiritualityresources.com/2015/09/22/>

“Yale scientist joins U.S.Nobel Conference to address addiction treatment, Ziba Kashef, *YaleNews*, October 6, 2015

<http://news.yale.edu/2015/10/05/yale-scientist-joins-us-nobel-conference-address-addiction-treatment>

8 HABITS OF PEOPLE WHO ALWAYS HAVE GREAT IDEAS AHA MOMENTS AREN'T MAGIC, THEY COME TO PEOPLE WHO HAVE CULTIVATED DAILY HABITS OF APPROACHING LIFE DIFFERENTLY, BY STEPHANIE VOZZA

Eureka moments are rare. The backstory behind great ideas is often more complex and winding than having an apple fall on your head. But the best part is that creative ideas aren't reserved for a special group of people; they can come to anyone if you change your mind-set.

"The fact is, almost all of the research in this field shows that anyone with normal intelligence is capable of doing some degree of creative work," Teresa Amabile, professor of business administration at Harvard Business School and author of *The Progress Principle: Using Small Wins to Ignite Joy, Engagement, and Creativity at Work*, told *Fast Company* in 2004. "Creativity depends on a number of things: experience, including knowledge and technical skills; talent; an ability to think in new ways; and the capacity to push through uncreative dry spells."

Whether they're coming up with an innovative new product to launch, finding a solution to a universal problem, or picking a

cool new place to grab lunch, people who consistently have great ideas have formed habits that help them think. Here are eight simple things those "creative geniuses" do that you can do, too:

1. THEY LOOK FOR INSPIRATION IN UNEXPECTED PLACES

Instead of staying focused within their industries, people who have great ideas look elsewhere, says Sooshin Choi, provost at the College for Creative Studies in Detroit.

"Many professionals go after information in their industry, but once you get that information, it's too late—everyone has it," he says. "Even if you get that information faster than others, what kind of real difference can you make?"

Instead, Choi suggests looking outside your field. "Car designers might look at furniture designers for inspiration," he says. "There are endless examples of different areas where you can find inspiration."

2. THEY MAKE SLOW DECISIONS

In his book *Hare Brain, Tortoise Mind*, author Guy Claxton says intelligence increases when you think less: "There's an expanding idea of what it means to be intelligent," he told the London Business Forum in 2014. "The narrow idea is all built around cleverness, which is the ability to argue, marshal facts, and interpret a spreadsheet. That it's all done through reason; it's all done consciously."

“GIVE YOUR MIND TIME TO WORK IN THE MARGINS—WHEN YOU’RE THINKING OF SOMETHING ELSE.”

Research, however, has found that thoughts are going on in the margins of the mind in areas Claxton calls hazy, poetic, or uncontrolled. Calling this the "tortoise mind," Claxton says great ideas bubble up when you slow down decisions: "Whenever there's a decision that needs to be made, the first thing you ask yourself is, 'When does this decision need to be made?'" he says. "And you don't make it until then."

Deciding prematurely stunts your ability to find great ideas. Give your mind time to work in the margins—when you're thinking of something else. This allows time to collect more information, listen to hunches, and experience bursts of

creativity.

3. THEY FIND INTERNAL MOTIVATION

People who have great ideas are motivated to work on something because it is interesting, involving, exciting, satisfying, or personally challenging, says Amabile.

Research has found that people are most creative when they're intrinsically motivated, rather than pushed by evaluation, surveillance, competition with peers, dictates from superiors, or the promise of rewards.

"You should do what you love, and you should love what you do," she writes. "The first is a matter of finding work that matches well with your expertise, your creative thinking skills, and your strongest intrinsic motivations. The second is a matter of finding a work environment that will allow you to retain that intrinsic motivational focus, while supporting your exploration of new ideas."

4. THEY START FROM SCRATCH

Instead of improving on an existing item, people with great ideas pretend the product doesn't exist and they design it from scratch, says Choi.

"If you improve something, then you only make it better," he says. "If you want to make something different, you have to behave as if there is no such thing."

Don't ask yourself, 'How could I design a smartphone?' says Choi. Ask yourself, 'What is communication?' "If you start there, you may be able to discover new possibilities," he says.

5. THEY ARE WILLING TO TAKE RISKS

"Often the difference between a successful man and a failure is not one's better abilities or ideas, but the courage that one has to bet on his idea, to take a calculated risk, and to act," said Maxwell Maltz, author of the 1960 self-help classic *Psycho-Cybernetics*.

"IF YOU IMPROVE SOMETHING, THEN YOU ONLY MAKE IT BETTER, IF YOU WANT TO MAKE SOMETHING DIFFERENT, YOU HAVE TO BEHAVE AS IF THERE IS NO SUCH THING. "

Corporate cultures that allow employees to challenge the status quo or disagree will foster innovation, says Amabile. Training

employees to be comfortable disagreeing with others and receptive to disagreement will create an atmosphere of innovation, she writes.

6. THEY'RE ALWAYS TRYING NEW THINGS

As you progress in your field, it can be easy to stick with what works, says Choi. "The trouble is that when you get older, you have many routines that come from memory of past successes," he says. "The past may not work in the future." Instead of becoming set in your ways, Choi says people who have great ideas have formed the habit of trying something different.

"If you always order the same thing at your favorite restaurant, you are an old person," he says. "Try something new—maybe something you didn't like when you were younger. Or do something you aren't familiar with. You'll feel young and you'll experience new things and ideas."

7. THEY FIND CONNECTIONS BETWEEN EXPERIENCES

Great ideas are often the result of connecting two seemingly unrelated items. People who consistently have great ideas have become good at finding connections. In 1996—long before he thought of the iPhone or iPod—the late Steve Jobs told *Wired* magazine:

Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things. And the reason they were able to do that was that they've had more experiences, or they have thought more about their experiences than other people.

8. THEY'RE OPEN TO MAGIC

Elizabeth Gilbert, author of *Big Magic: Creative Living Beyond Fear*, says ideas are out there waiting to find the right person who can bring them to life.

"Ideas are these disembodied life forms, they don't have a form, but they have a will. All they want is to be made manifest," she told Robin Young on NPR's *Here and Now*. "If you can manage to open up your consciousness to an idea of living in a world of abundance, then you can believe that, constantly, ideas are trying to find human collaborators."

"The Breast Cancer Gene and Me, Elizabeth Wurtzel, Sunday Review, *The New York Times*, September 25, 2015
<http://nyti.ms/1Vf164T>

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“A Drug Company’s Price Tactics Pinch Insurers and Consumers,” Andrew Pollack and Sabrina Tavernise, *The New York Times*, October 5, 2015

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“The Breast Cancer Gene and Me,” Elizabeth Wurtzel, *The New York Times*, September 25, 2015

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