

Social Capital Reading List

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- Mate, Gabor. (2003). *When the Body Says No: The Cost of Hidden Stress*. Toronto: A.A. Knopf.
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- Zack, Devora. (2010). *Networking for People Who Hate Networking: A Field Guide for the Introverts, the Overwhelmed, and the Underconnected*. San Francisco: Berrett-Koehler.