



**Reflective Reading EDUO 9000, 9002-10**

**Books Focusing on Inspiration, Self Improvement, Social/Emotional Growth**

**7 Habits of Highly Effective People** by Stephen Covey  
**Anger: Wisdom for Cooling the Flames** by Thich Nhat Hanh  
**Being Mortal: Medicine and What Matters in the End** by Atul Gawande  
**The Better Angels of Our Nature: Why Violence Has Declined** by Steven Pinker  
**Between the World and Me** by Ta-Nehisi Coates  
**Brain Rules; 12 Principles for Surviving and Thriving at Work, Home, and School** by John Medina  
**The Case Against Sugar** by Gary Taubes  
**David and Goliath** by Malcolm Gladwell  
**Drive: The Surprising Truth About What Motivates Us** by Daniel H. Pink  
**Eating on the Wild Side: The Missing Link to Optimum Health** by Jo Robinson  
**The Glass Castle: A Memoir** by Jeanette Wall  
**Grit: The Power of Passion and Perseverance** by Angela Duckworth  
**The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets,  
Fight Right, Read Aristotle** by Gretchen Rubin  
**I am Malala** by Malala Yousafzai, Christina Lamb  
**In Defense of Food** by Michael Pollan  
**An Invisible Thread: The True Story of an 11-Year-Old Panhandler, a Busy Sales Executive, and an  
Unlikely Meeting with Destiny** by Laura Schroff, Alex Tresniowski, Valerie Salembier  
**Lean In: Women, Work, and the Will to Lead** by Sheryl Sandberg  
**Mindfulness for Teachers** by Patricia Jennings  
**Mindset** by Carol S. Dweck  
**Option B** by Sheryl Sandberg  
**Outliers, The** by Malcolm Gladwell  
**Quiet: The Power of Introverts in a World That Can't Stop Talking** by Susan Cain  
**Stand Tall: Fighting for My Life, Inside and Outside the Ring** by Dewey Bozella  
**Unbroken** by Laura Hilldebrand  
**The Undoing Project: A Friendship That Changed Our Minds** - Michael Lewis  
**What Makes a Leader** by Daniel Goleman  
**Wild: From Lost to Found on the Pacific Crest Trail** by Cheryl Strayed