



## Reflective Reading

### Books Focusing on Non-Classroom Specialists

Book Suggestions for Counselors, Speech Therapists, Art, PE, Music Instructors, Psychologists, etc.

- **ADHD 2.0: New Science and Essential Strategies for Thriving with Distraction-from Childhood through Adulthood** by Edward M. Hollowell & John J. Ratey
- **The Anxious Generation** by Jonathan Haidt
- **The Autistic Brain; Thinking Across the Spectrum** by Temple Grandin
- **The Best Minds** by Jonathan Rosen
- **Better Than Carrots or Sticks: Restorative Practices for Positive Classroom Management**, by Dominique Smith , Douglas Fisher, Nancy Frey
- **The Body: A Guide for Occupants** by Bill Bryson
- **The Brain Power Classroom: 10 Essentials for Focus, Mindfulness and Emotional Wellness** by Dave Beal
- **Brain Rules; 12 Principles for Surviving and Thriving at Work, Home, and School**by John Medina
- **Classroom Management for Art, Music, and PE Teachers** by Michael Linsin
- **The Coming Wave: Technology, Power, and the Twenty-first Century's Greatest Dilemma** by Mustafa Suleyman
- **Conscious Coaching: The Art and Science of Building Buy-In**, by Brett Bartholomew
- **Dare to Lead** by Brene Brown
- **David and Goliath: Underdogs, Misfits and the Art of Battling Giants** by Malcolm Gladwell

- **The Deepest Well: Healing the Long-Term Effects of Childhood Adversity** by Nadine Burke Harris M.D.
  - **Dreamland: The True Tale of America's Opiate Epidemic** by Sam Quinones
  - **The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain** by Eide & Eide
  - **Educating Gifted Students in Middle School, A Practical Guide** 3<sup>rd</sup> Ed by Susan Rakow.
  - **Front of the Class, How Tourette Syndrome Made Me the Teacher I Never Had** by Brad Cohen
  - **The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed** by Jessica Lahey
  - **The Glass Castle: A Memoir**, by Jeanette Wall
- Good Energy** by Casey Means, MD
- **The Growth Mindset Coach: A Teacher's Month-by-Month Handbook for Empowering Students to Achieve** by Annie Brock and Heather Hundley
  - **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
  - **Hidden Valley Road-Inside the Mind of an American Family** by Robert Kolker
  - **Hope for Cynics** by Jamil Zaki
  - **How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen** by David Brooks
  - **How to Talk so Kids Can Learn** by Adele Faber and Elaine Mazlish
  - **The Imagine Project Empowering Kids to Rise Above Drama, Trauma and Stress** by Dianne Maroney
  - **Literacy-Based Speech and Language Therapy Activities -**, by Scott Prath & Phuong Palafox
  - **The Limitless Mind: Learn, Lead and Live Without Barriers** by Jo Boaler
  - **Living with Intensity** by Susan Daniels
  - **Lost and Found** by Ross W. Green
  - **Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them** by Ross W Greene

- **Maybe You Should Talk to Someone: life from both sides of the couch** by Lori Gottlieb
- **The Message** by Ta-Nehisi Coates
- **Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom** by Patricia Jennings
- **Mindset: The New Psychology of Success** by Carol S. Dweck
- **Never Enough: When Achievement Culture Becomes Toxic-and What we Can Do About It** by Jennifer Brehehy Wallace
- **Onward: Cultivating Emotional Resilience in Educators** by Elena Aguilar
- **Outliers: The Story of Success, The** by Malcolm Gladwell
- **Quiet: The Power of Introverts in a World That Can't Stop Talking** by Susan Cain
- **Practicing Presence: Simple Self-Care Strategies for Teachers** by Lisa J. Lucas
- **Raising Resilience** by Tovah P. Klein
- **The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism** by Naoki Higashida
- **Scattered: How Attention Deficit Disorder Originates And What You Can Do About It** by Gabor Mate
- **Solitary: A Biography** by Albert Woodfox
- **Stop Overthinking: 23 Techniques to Releive Stress, Stop Negative Spirals, DeClutter Your Mind, and Focus on the Present** by Nick Trenton
- **Teaching Gifted Kids in Today's Classroom: Strategies and Techniques Every Teacher Can Use** by Susan Winebrenner and Dina Brulles
- **Teaching to Strengths** by Debbie Zakarian et al
- **Understanding Girls with AD/HD** by Kathleen Nadeau, Ellen Littman and Patricia Quinn
- **We Got This: Equity, Access, and the Quest to Be Who Our Students Need Us to Be** by Cornelius Minor.
- **We Want to Do More Than Survive: Abolitionist Teaching and the Pursuit of Educational Freedom** by Bettina Love

- **What Happened to You? Conversations on Trauma, Resilience, and Healing** by Oprah Winfrey and Dr Bruce D. Perry, MD, Ph.D
- **White Fragility: Why It's So Hard for White People to Talk about Racism** by Robin DiAngelo
- **Why Are All the Black Kids Sitting Together in the Cafeteria?** by Beverly Tatum
- **Why We Sleep: Unlocking the Power of Sleep and Dreams** by Matthew Walker
- **The Wild Card: 7 Steps to an Educator's Creative Breakthrough,** Wade King and Hope King
- **You Win in the Locker Room First** by Jon Gordon and Mike Smith
- **The Worlds I See: Curiosity, Exploration and Discovery at the Dawn of AI** by Fei-Fei Li