EDUCATIONAL DEVELOPMENT AND SERVICES
in partnership with
DOMINICAN UNIVERSITY of CALIFORNIA
School of Liberal Arts and Education

Reflective Reading

Books Focusing on P.E., Coaching and Sports (11.25)

- **The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness** by Jonathan Haidt
- **Bench Rules** by Kevin Christsensen
- **The Body: A Guide for Occupants** by Bill Bryson
- **The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Olympics** by Daniel James Brown
- **Conscious Coaching: The Art and Science of Building Buy-In** by Brett Bartholomew
- **The Disengaged Teen: Helping Kids Learn Better, Feel Better, and Live Better** by Jenny Anderson & Rebecca Winthrop
- **Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance** by Alex Hutchinson
- **The Essential Wooden** by Steve Jamison
- **Good Energy** by Casey Means, MD
- **Identity Safe Spaces at Home and School: Partnering to Overcome Inequity** by Becki Cohn-Vargas **,** Debbie Zacarian

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- **Inner Excellence** by Jim Murphy
- **Let Your Mind Run: A Memoir of Thinking My Way to Victory** by Deena Kastor and Michelle Hamilton
- **The Longest Race** by Kara Goucher
- **Open, An Autobiography** by Andre Agassi

- **Rest: Why You Get More Done When You Work Less** by Alex Soojung-Kim Pang
- **Sometimes You Win-Sometimes You Learn** by John C. Maxwell
- **The Talent Code: Greatness Isn't Born. It's Grown. Here's How,** by Daniel Coyle
- **Yo**u **Win in the Locker Room First** by Jon Gordon and Mike Smith