



Reflective Reading EDUO 9000, 9002-10, 9041-43

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

**7 Habits of Highly Effective People** by Stephen Covey

**Becoming** by Michelle O'Bama

**Being Mortal: Medicine and What Matters in the End** by Atul Gawande

**Between the World and Me** by Ta-Nehisi Coates

**The Body: A Guide for Occupants** by Bill Bryson

**Brain Rules; 12 Principles for Surviving and Thriving at Work, Home, and School** by John Medina

**The Bridge to Brilliance** by Nadia Lopez and Rebecca Paley

**Dare to Lead** by Brene Brown

**David and Goliath** by Malcolm Gladwell

**The Deepest Well: Healing the Long-Term Effects of Childhood Adversity** by Nadine Burke Harris

**Drive: The Surprising Truth About What Motivates Us** by Daniel H. Pink

**Educated: A Memoir** - Tara Westover

**Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance** by Alex Hutchinson

**Essential Wooden : A Lifetime of Lessons on Leaders and Leadership** - John Wooden & Steve Jamison

**The Glass Castle: A Memoir** by Jeanette Wall

**Grit: The Power of Passion and Perseverance** by Angela Duckworth

**Grow: Tending to the Hearts and Minds of Children Through Mindfulness** by Julie Srittmeyer, Melissa Hyde and Molly Schreiber

**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

**I'm Still Here: Black Dignity in a World Made for Whiteness** by Austin Channing Brown

**In Defense of Food** by Michael Pollan

**The Innovator's Mindset** by George Couros

**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

**Let Your Mind Run: A Memoir of Thinking My Way to Victory** by Deena Kastor and Michelle Hamilton

**The Light We Carry** by Michelle Obama

**The Limitless Mind: Learn, Lead, and Live Without Barriers** by Jo Boaler  
**Maybe You Should Talk to Someone** by Lori Gottlieb

**Mindfulness for Teachers** by Patricia Jennings

**Mindset** by Carol S. Dweck

**The Newcomers: Finding Refuge, Friendship, and Hope in America** by Helen Thorpe

**Onward: Cultivating Emotional Resilience in Educators** by Elena Aguilar,

**Outliers, The** by Malcolm Gladwell

**Practicing Presence: Simple Self-Care Strategies for Teachers** by Lisa J. Lucas

**Quiet: The Power of Introverts in a World That Can't Stop Talking** by Susan Cain

**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

**Unbroken** by Laura Hilldebrand

**The Undefeated Woman** by Desange Kuenihira

**What Happened to You?** by Oprah Winfrey and Bruce Perry

**White Fragility: Why It's so Hard for White People To Talk About Racism** by Robin DiAngelo

**Wild: From Lost to Found on the Pacific Crest Trail** by Cheryl Strayed

**The Wild Card: 7 Steps to an Educator's Creative Breakthrough** by Wade King and Hope King