



**DOMINICAN  
UNIVERSITY**  
*of CALIFORNIA*  
*School of Liberal Arts and Education*

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

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

- [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
- [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
- [Educated: A Memoir](#) - Tara Westover
- [Essential Wooden, The : A Lifetime of Lessons on Leaders and Leadership](#) - John Wooden and Steve Jamison
- [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
- [\*\*Mindfulness for Teachers\*\*](#) by Patricia Jennings
- [\*\*Mindset\*\*](#) by Carol S. Dweck
- [\*\*Outliers, The\*\*](#) by Malcolm Gladwell
- [\*\*Quiet: The Power of Introverts in a World That Can't Stop Talking\*\*](#) by Susan Cain
- [\*\*Smarter Faster Better: The Transformative Power of Real Productivity\*\*](#) by Charles Duhigg
- [\*\*Stand Tall: Fighting for My Life, Inside and Outside the Ring\*\*](#) by Dewey Bozella
- [\*\*Unbroken\*\*](#) by Laura Hildebrand
- [\*\*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