



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
- [Educated: A Memoir](#) - Tara Westover
- [Enlightenment Now: The Case for Reason, Science, Humanism, and Progress](#) by Steven Pinker
- [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
- [We Should All Be Feminists](#) - Chimamanda Ngozi Adichie
- [What Makes a Leader](#) by Daniel Goleman
- [Wild: From Lost to Found on the Pacific Crest Trail](#) by Cheryl Strayed

