

LIVING LIT. REVIEW - Books

| What's the resource? | Why is it worthwhile? | Where can we find it? | Recommender's name |
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| <p><i>Radical Presence: Teaching as Contemplative Practice</i></p> <p>and</p> <p><i>The Peaceable Classroom</i> by Mary Rose O'Reilley</p> | <p>These timeless books are by the same author of the book we're going to read during the school year called <i>The Garden at Night: Burnout and Breakdown in the Teaching Life</i>. Mindfulness is as central to O'Reilley's own self-care as it is to her work with students. She has one the most authentic takes on teaching I've encountered.</p> | <p>Available on Amazon</p> <p>and</p> <p>Available on Amazon</p> | Cindy |
| <p><i>Mindfulness for Beginners</i></p> <p>and</p> <p><i>Full Catastrophe Living</i> by Dr. Jon Kabat-Zinn</p> | <p>Short chapters on basic mindfulness concepts by mindfulness expert Dr. Jon Kabat-Zinn, the guy who created the mindfulness-based stress reduction program (MBSR). I love everything I've read by him.</p> | <p>Available on Amazon</p> <p>and</p> <p>Available on Amazon</p> | Cindy |
| <p><i>Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations</i> by Thomas Friedman</p> | <p>Friedman talks about the way the world is changing and how we can adapt. One of the metaphors he advocates for is to see Mother Nature as a model for adapting to change.</p> | <p>Available on Amazon</p> | Jack |
| <p><i>When Things Fall Apart: Heart Advice for Difficult Times</i></p> <p>and</p> <p><i>The Places that Scare You: A Guide to Fearlessness in Difficult Times</i> by Pema Chödrön</p> | <p>Pema Chödrön writes about all things mindfulness. She's a Buddhist nun who's the rare combo of wise, down-to-earth, and incredibly real.</p> | <p>Available on Amazon</p> <p>and</p> <p>Available on Amazon</p> | Cindy |
| <p><i>Radical Acceptance</i> by Tara Brach</p> | <p>Mindfulness presented in a very relatable and often humorous way.</p> | <p>Available on Amazon</p> | Rob |
| <p><i>The True Secret of Writing</i> by Natalie Goldberg</p> | <p>It's about the relationship between mindfulness, writing, walking, and sitting.</p> | <p>Available on Amazon</p> | Jack |
| <p><i>Journal to the Self</i> by Kathleen Adams</p> | <p>Open door to self understanding by writing, reading, and creating a journal of your life</p> | <p>Available on Amazon</p> | Melissa |
| <p><i>Alone Together</i> by Sherry Turkle</p> | <p>It's about how electronic connection may not be real connection.</p> | <p>Available on Amazon</p> | Jack |
| <p><i>Mindfulness for Teachers: Simple Skills for Peace & Productivity in the Classroom</i> by Patricia A. Jennings</p> | <p>Written by a former teacher who became a researcher. She provides the meaning & importance of mindfulness and provides practices to approach teaching in a mindful way & helping students become mindful.</p> | <p>Available on Amazon</p> | Gilda Gallagher |

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| <i>Your Fantastic Elastic Brain</i> by JoAnn Deak | These books about the brain and how it works help students understand that their brains grow and change based on their reactions/coping mechanisms/practice/etc. and can help students understand that they do have power over themselves. Written for an elementary audience. | Available on Amazon | |
| <i>Owner's Manual for Driving Your Adolescent Brain</i> by JoAnn Deak | These books about the brain and how it works help students understand that their brains grow and change based on their reactions/coping mechanisms/practice/etc. and can help students understand that they do have power over themselves. Written for a YA audience. | Available on Amazon | |
| <i>Imagine: How Creativity Works</i> by Jonah Lehrer | Well written, intensive research on creativity and creative people. | Available on Amazon | Heidi |
| <i>The Desire Map</i> by Danielle LaPorte | Offers a plan to develop goals around feelings to be cultivated rather than super tangible event-driven goals that leave people feeling empty once accomplished. | Available on Amazon | Molly |
| <i>Things that Join the Sea and the Sky</i> by Mark Nepo | A compilation of Mark Nepo's journal entries for the last forty years on themed topics that all of us encounter as humans on our path. The back of the book offers 100 journal questions to springboard your thinking. | Available on Amazon | Kelly |
| <i>Crucial Conversations</i> by Patterson, Grenny, McMillan, Switzler | A go-to for conflict heavy conversations. Teaches how to deescalate tough spaces and to move forward in mutually respectful ways to find the middle path with people who are volatile. | Available on Amazon | Molly |
| <i>Everything is Waiting for You</i> by David Whyte | A collection of poems designed to spark mindfulness conversation and creativity. | Available on Amazon | Kelly |
| <i>Upstream</i> by Mary Oliver | Oliver connects to nature in a super poetic and beautiful way while also addressing lifestyle choices and everyday practices. Includes a section on some classic authors (Emerson, Whitman, etc.). | Available on Amazon | Jason |
| <i>Why Buddhism is True</i> by Robert Wright | This book shows evidence from modern cognitive science that buddhism has a lot of things right. The basic concept explored is that through evolution our minds are designed to help us pass on our genes and not to make us happy. Buddhism is a prescription to overcome this design and become happier. | Available on Amazon | Rob |
| <i>Teach Breathe Learn</i> by Meena Srinivasan | Meena describes the effectiveness of mindfulness as a teaching and learning tool in schools. Learning from Thich Nhat Hanh she takes us through the practices she uses and the ways we can use it for our own practice as well as to guide students. | Available on Amazon | Melissa |
| <i>Writing Down the Bones</i> by Natalie Goldberg | Practical and approachable advice for starting (or sustaining) writing, including writing prompts and exercises. | Available on Amazon | Jason |

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| <i>Consolations-The Solace, Nourishment and Underlying Meaning of Everyday Words</i> by David Whyte | A collection of meaningful words with brief writing expanding on the meaning and essence of each word. Doesn't have to be read sequentially. | Available on Amazon | Heidi |
| <i>You Must Revise Your Life</i> by William Stafford | A collection of poems, essays, and interviews. William Stafford talks about writing, teaching, and how to do it. He believes a writer (and students, and maybe a teacher) learns by doing. Writing is a process of discovery. | Available on Amazon | Jack |
| <i>Learning to Breathe A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance</i> by Patricia C. Broderick | This book is practical and takes theory into practice by giving the actual materials you would use with students (handouts, visuals, etc.). The activities are concrete and scripted so you can see exactly how you would use them in the classroom and yet there is room to make these exercises your own. | Available on Amazon | Beth |
| <i>Big Magic: Creative Living Beyond Fear</i> by Elizabeth Gilbert | This book challenges the typical view of what inspiration is or can be. It offers an encouraging and no nonsense view of how one can strive to be a creative vessel for their entire life. It challenges the excuses given as to why you cannot create and the insecurities and judgements that prevent us from living a complete and fulfilling creative life. | Available on Amazon | Cindy Trevizo |
| <i>Barking to the Choir</i> by Gregory Boyle | This book has a lot of Jesus, and all readers should know that going in. Greg Boyle is a Jesuit priest who is the founder of Homeboy Industries , and this is another memoir on how the most vulnerable citizens in our world can be our greatest teachers. | Available on Amazon | Kelly |
| <i>Braving the Wilderness</i> by Brené Brown | The book takes the philosophy and studies of Brené Brown dealing with vulnerability, honesty, and being authentic and taking it to the next level of how to bring it to your community. She concentrates on "the four practices of true belonging". It encourages you to "show up" and stay true. | Available on Amazon | Renee |
| <i>The Mindful Twenty Something</i> by Holly Rogers | This book discusses practical ways that young people (college students, new-to-their-profession twenty something year-olds) can include mindfulness practices into their busy schedules. She begins with the "why" and proceeds to interlace research throughout the rest of her book to explain the research behind the practices she proposes. Every other chapter details specific techniques including body scans and walking meditations. She focuses on short practices that are flexible. | Available on Amazon | Jamie |
| <i>Mindfulness in Plain English</i> by Bhante Henepola Gunarantana | A helpful introduction to mindfulness. Offers what to do with one's mind and body, dealing with distractions, and practicing compassion. | Available on Amazon | Creighton |
| <i>The Enneagram Intelligences:</i> | A useful insight into who we are, why we do what we do, and how that affects classrooms. Beneficial | Available on Amazon | Kaitlin |

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| <p><i>Understanding Personality for Effective Teaching and Learning</i> by Janet Levine</p> | <p>to understanding the patterns/characteristics of personality types that may be contributing to burn out.</p> | | |
| <p><i>Awakened: Change Your Mindset to Transform Your Teaching</i> by Angela Watson</p> | <p>It looks like a book focused on our efforts. Here is the Amazon blurb: “Do the never-ending pressures of teaching drain you emotionally? Is a lack of resources and support stealing your enthusiasm? Are the small daily hassles adding up and overwhelming you? Awakened can change your mindset...and that can change EVERYTHING.” Though I have not read it, I can tell it is taking part in the ST conversation.</p> | <p>Available on Amazon</p> | <p>Anne</p> |
| <p><i>Happy Teachers Change the World</i> by Thich Nhat Hanh and Katherine Weare</p> | <p>Amazon description: Beginning firmly with teachers and all those working with students, including administrators, counselors, and other personnel, the Plum Village approach stresses that educators must first establish their own mindfulness practice since everything they do in the classroom will be based on that foundation.</p> | <p>Available on Amazon</p> | <p>Tara</p> |
| <p><i>Go Wild: Free Your Body and Mind from the Afflictions of Civilization</i> by John J. Ratey and Richard Manning</p> | <p>Investigating the power of living according to our genes in the areas of diet, exercise, sleep, nature, and mindfulness.</p> | <p>Available on Amazon</p> | <p>Britony</p> |