

# HOW TO CHOOSE A BOOK

This list includes a range of notable authors, both long time favorites and new, up-and-coming writers. The list encompasses a variety of genres, as well as diverse topics, themes, characters and settings. That being said the book should be related to an aspect of health (i.e. nutrition, mental illness, grieving, adolescence, chemical use, self-esteem, violence, bullying, etc...)

The books should be widely available in libraries and bookstores. EVHS students are encouraged to seek copies from the EVHS Media Center, the District 196 collection and Dakota County Library.

Not every book is recommended for every student. This list is intended to be rich with choices that students are free to make. Students are also encouraged to work with their parents to find an appropriate book that they will not only enjoy, but learn from and be inspired to continue reading. The list is a starting point for readers, not a stopping point. Students may choose titles not on this list that meet their teachers' approval. You will have approximately 4 hours to read in class, so pick a book accordingly.

**You have 1 week to find a book at a library that relates to wellness. We will spend 30 minutes a week reading the book you choose. There will be activities to follow-up what you are reading.**

**\*\*If the book you choose is not on this list, you MUST get it approved by your teacher first!**

**Reading Lolita in Tehran: Memoir in Books** by Azar Nafisi

**Curious Incident of the Dog in the Night-Time** by Mark Haddon

**A Million Little Pieces** or **My Friend Leonard** by James Frey

**The Kite Runner** by Khaled Hosseini - bullying

**It's Not About the Bike: My Journey Back to Life** by Lance Armstrong & S. Jenkins

**Tuesdays with Morrie** or **For One More Day** by Mitch Albom

**The Quiet Room : A Journey Out of the Torment of Madness** by Lori Schiller, Amanda Bennett – schizophrenia, drug use

**Wasted: A Memoir of Anorexia & Bulimia** by Marya Hornbacher

**Clean : A New Generation in Recovery Speaks Out** by Chris Beckman

**Who Am I Without Him?: Short Stories about Girls and the Boys in Their Lives** by Sharon G Flake

**The Second Summer of the Sisterhood** & **The Sisterhood of the Traveling Pants** by Ann Brashares

**What Should I Do with My Life?** The True Story of People Who Answered the Ultimate Question by Po Bronson

**Parrot in the Oven: Mi Vida** by Victor Martinez (parental alcoholism)

**A Child Called "It": One Child's Courage to Survive or The Privilege of Youth** by Dave Pelzer

**They Cage the Animals at Night** by Jennings Michael Burch

**Get Me Out of Here: My Recovery from Borderline Personality Disorder** by Rachel Reiland

**I am Third: The Inspiration for Brian's Song** by Gale Sayers

**Makes Me Wanna Holler: A Young Black Man in America** by Nathan McCall

**Perks of Being a Wallflower** by Stephen Chbosky

**Sybil** by Flora Rhea Schreiber

**Yellow Raft in Blue Water** by Micael Dorris

**Love You Forever** by Robert N Munsch

**All the Pretty Horses** by Cormac McCarthy

**Prep** by Curtis Sittenfeld

**Giver** by Lois Lowry

**The Glass Castle** by Jeanette Walls

**Small Steps** by Louis Sachar

**Speak** or **Prom** by Anderson, Laurie Halse

**Power of One** by Bryce Courtenay

**Fade** or **I Am the Cheese** by Robert Cormier

**All-American Girl** by Meg Cabot

**Crash** or **Stargirl** by Jerry Spinelli

**Snow** by Orhan Pamuk

**Perfect World** by Brian James

**Diary of a Junior Year** by Anonymous

**Ishmael** or **My Ishmael** by Daniel Quinn

**Celestine Prophecy** by James Redfield

**She's Come Undone** by Wally Lamb

**Life of Pi** by Yann Martel

**Samaritan** by Richard Price

**Be More Chill** by Ned Vizzini

**Elsewhere** by Gabrielle Zevin

**Walk Two Moons** by Sharon Creech

**Breathing Underwater** by Alex Flinn

**The Secret Life of Bees** by Sue Monk Kidd

**Crosses** or **Go Ask Alice** by Shelley Stoeher

**We Need to Talk About Kevin** by Lionel Shriver

**Blindness** by Jose Saramago

**Wicked** by Gregory Maguire

**Amistad** by Alexs Pate

**I Know Why the Caged Bird Sings** by Maya Angelou

**Pay it Forward** by Catherine Hyde

**Demian** by Hermann Hesse

**White Oleander** by Janet Fitch

**Monster** or **Shooter** by Walter Dean Myers

**Invisible Man** by Ralph Ellison

**The 7 Habits of Highly Effective Teens** by Sean Covey

**Battle of Jericho** by Sharon Mills Draper

**Harry Sue** by Sue Stauffacher

**Downers Grove** by Michael Hornburg

**The Adventures of Blue Avenger** by Norma Howe

**The Bell Jar** by Sylvia Plath

**Veronika Decides to Die** by Paulo Coelho

**Cut** by Patricia McCormick

**Girl Interrupted** by Susanna Kaysen

**Prozac Nation** by Elizabeth Wurtzel

**You Don't Know** Me by David Klass

**Fast Food Nation or Chew On This** by Eric Schlosser

**My Losing Season** by Pat Conroy

**An Unquiet Mind: Memoir of Moods & Madness** by K. Jamison

**Angry Black White Boy** by Adam Mansbach

**The Life of David Gale** by Dewey Gram

**The Street Lawyer** by John Grisham

**Tree grows in Brooklyn** by Betty Smith

**The Tenth Circle** or **My Sister's Keeper** by Jodi Picoult

**The Lovely Bones** or **Lucky** by Alice Sebold

**Miraculous Journey of Edward Tulane** by Kate DiCamillo

**Book of Ruth** by Jane Hamilton

**Dry: A Memoir** by Augusten Burroughs

**Running With Scissors** by Augusten Burroughs

**Ordinary People** by Judith Guest

**The Color Purple** by Alice Walker

**One Flew Over the Cuckoo's Nest** by Ken Kesey

**Beloved** or **The Bluest Eye** or anything by Toni Morrison

**Into Thin Air: A Personal Account of the Mt. Everest Disaster** by Jon Krakauer

**Animals in Translation** by Temple Grandin

**The Memory Keeper's Daughter** by Kim Edwards

**The Pursuit of Happyness** by Chris Gardner with Quincy Troupe

**The Innocent Man: Murder and Injustice in a Small Town** by John Grisham

**The Glass Castle: A Memoir** by Jeannette Walls

**The Freedom Writers Diary** by The Freedom Fighters and Erin Gruwell

**The Places in Between** by Rory Stewart

**Sweetwater Creek** by Anne Rivers Siddons

**Mountains Beyond Mountains: A Man Who Would Cure the World** by Tracy Kidder

**Sam: The Boy Behind the Mask** by Tom Hallman

**The Omnivore's Dilemma: A Natural History of Four Meals** by Michael Pollan

**Touching the Void: The True Story of One Man's Survival** by Joe Simpson

**If I am Missing or Dead** by Janine Latus

**A Prayer for Owen Meany** by Jon Irving

**Please Stop Laughing at Me** by Jodee Blanco

**Smashed** by Koren Zailckas

**ELL Books (please see me to read these):**

\***Uncle Daddy** by Ralph Fletcher

\***The Moonlight Man** by Paula Fox

\***Owen and Mzee** by Isabella Hatkoff

\***Terrible Things: An Allegory to the Holocaust** by Eve Bunting

**Activities for Independent Reading to demonstrate your knowledge and understanding of your book:**

- 1) **Poster/Collage.** Design a poster, advertising and promoting the main events in your book. Full poster board size using own drawings – colorful and descriptive with slogans. The collage should have several pictures cut out from magazines representing characters, places, and things in the book which you will use to tell about your book. Accompanied with your poster should be a typed piece explaining what is on the poster and its significance to the story.
- 2) **Newspaper.** Design the front page of a newspaper that includes events and characters in the story. Include editorials on book issues, interviews with characters, and news stories based on book events. See me for details on length.
- 3) **Letter to the Author.** Write at least a one page letter to the author of your book. Include questions you may have about the book, likes and dislikes, how it has impacted your life, highlights and other comments you may have.
- 4) **Compare/Contrast.** Make comparisons and contrasts between the book and movie version. Be specific, use detail, and give your reaction of which you liked better and why. Also comment on your feelings about portions of the book that were left out of the movie version – explain how it changed the story or the effect it had on the viewer.
- 5) **Create a Trivial Pursuit Game.** Prepare trivia questions or items from your book. You will need 4-5 categories (characters, plot, details, symbolism, significance in society (then &/or now), setting, vocabulary words, etc...). You must also create the board. Be sure to have the correct answers on the back of the card.
- 6) **Diary/Scrapbook.** Write a diary for one of the characters in your book. Instead of a daily diary, yours will be an excerpted diary. Meaning when an event occurs or the character has a realization or an epiphany, explain what is going on in your diary. You will have A LOT of entries. Be sure to include significant people who come and go in the character's life, etc... Also, be sure to write as though YOU are the character.