



# Staff Picks

## Summer Reading 2010

### Non-Fiction Staff Picks

***Born to Run: A hidden tribe, super athletes, and the greatest race the world has never seen*** by Christopher McDougal. This is a great book about people...it tells the story of a lost tribe of Mexicans who are ultra-runners. Another interesting segment is McDougal's research into why the shoe industry may have created many of the leg and foot injuries that runners seem to suffer. Val's pick.

***Drive: the surprising truth about what motivates us*** by Daniel Pink. Great book about motivation and how the carrot-stick approach does not work in most situations. Pink describes how most people are motivated to do great work internally. If people are challenged, enjoy their work, and know they are appreciated, they will perform better. Linda's pick.

***Hooked: Buddhist writings on Greed, Desire, and the Urge to Consume*** edited by Stephanie Kaza. A book of essays that will stimulate thought and conversation. I really enjoyed the different perspective presented. Julie's pick.

***The Immortal Life of Henrietta Lacks*** by Rebecca Skloot. This is a fascinating book about how a woman's death provided the world with its first human cells that would continue to grow. Her cells, named the HeLa cells by scientists, helped find cures for polio and other diseases. The cells were taken without permission, and the family has never received any financial compensation. At least, with this book, there is now recognition of her tremendous contribution to society. Val's pick.

***Nurture Shock: New Thinking About Children*** by Po Bronson & Ashley Merryman. **Must Read for Parents and Teachers of all grade levels!!** Start with Chapter 8: "Can Self-Control Be Taught", and you'll be hooked. Authors Bronson and Merryman first came to the public eye with their award-winning story in New York magazine, "The Inverse Power of Praise". That piece is chapter one of this incredibly insightful and helpful book. Whether you're a parent of a young child, or a teenager, there's something in this book to help you. Judith's pick.

***Savor: mindful eating, mindful life*** by Thich Nhat Hanh. This book does a wonderful job discussing mindfulness, something we could all benefit from. She presents excellent tips on how to be mindful in our everyday lives to help bring us more inner peace and happiness. Val's pick.

***Have a Little Faith*** by Mitch Albom: What can I say? I love Mitch Albom. I love his columns, I love the views of life that he presents, I love his books. This one is right up there with all the rest. His childhood rabbi, Albert Lewis, asks Mitch to deliver the rabbi's eulogy. He ended up living eight more years, so Mitch got reconnected with "the Reb" over that period of time, and also made acquaintance with Henry Covington, minister of *I Am My Brother's Keeper Church* in Detroit. This is the story of two men of faith—one Christian, one Jewish - who once again illustrate the fact that religions have more similarities than differences. Judith's pick.

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