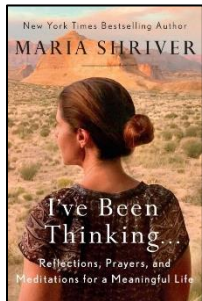


Rise to the Challenge Reading Program:

Read a book to help look on the bright side

Below are recommendations for positive thinking books.

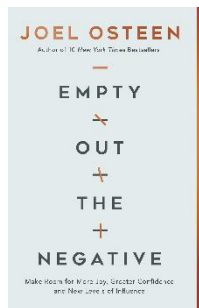


[*I've Been Thinking... : Reflections, Prayers, and Meditations for a Meaningful Life*](#)

By Maria Shriver

Genre: Nonfiction

Descriptors: Meditation, Prayers, Christian Life

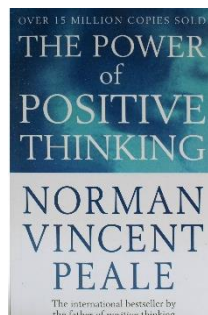


[*Empty Out the Negative : Make Room for More Joy, Greater Confidence, and New Levels of Influence*](#)

by Joel Osteen

Genre: Nonfiction

Descriptors: Positive Psychology; Self-help

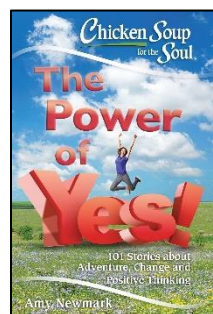


[*The Power of Positive Thinking*](#)

by Norman Vincent Peale

Genre: Nonfiction

Descriptors: Success; Religious Aspects; Peace of Mind



[*Chicken Soup for the Soul: The Power of Yes!*](#)

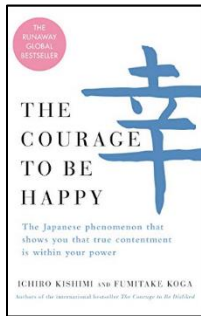
by Amy Newmark

Genre: Nonfiction

Descriptors: Change; Courage; Risk-taking

Rise to the Challenge Reading Program:

Read a book to help look on the bright side

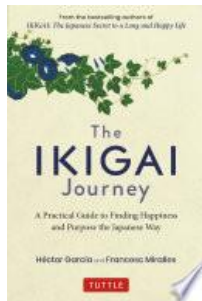


[*The Courage to be Happy : Discover the Power of Positive Psychology and Choose Happiness Every Day*](#)

by Ichiro Kishimi

Genre: Nonfiction

Descriptors: Self-help; Happiness

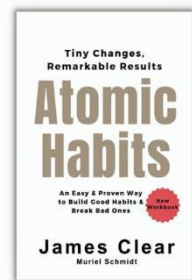


[*The Ikigai Journey : A Practical Guide to Finding happiness and Purpose the Japanese Way*](#)

by Hector Garcia

Genre: Nonfiction

Descriptors: Happiness; Success; Quality of Life



[*Atomic Habits : Tiny Changes, Remarkable Results : An Easy & Proven Way to Build Good Habits & Break Bad Ones*](#)

by James Clear

Genre: Nonfiction

Descriptors: Habit; Behavior Modification

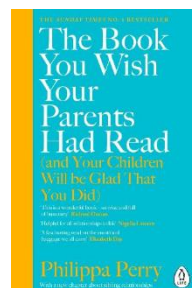


[*Big Magic: Creative Living Beyond Fear*](#)

by Elizabeth Gilbert

Genre: Nonfiction

Descriptors: Courage; Inspiration; Creative Ability



[*The Book You Wish Your Parents Had Read \[and Your Children Will Be Glad That You Did\]*](#)

by Philippa Perry

Genre: Nonfiction

Descriptors: Parenting