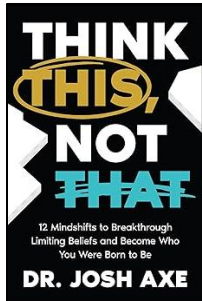


# Rise to the Challenge Reading Program:

## Read a book to promote positive thinking

Below are recommendations for looking on the bright side.

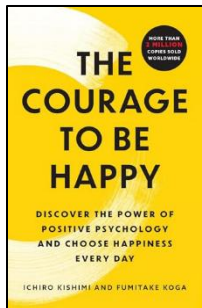


### [Think This, Not That: 12 Mindshifts to Breakthrough Limiting Beliefs and Become Who You Were Born to Be](#)

By Josh Axe

**Genre:** Nonfiction

**Descriptors:** Self-help, Adaptability, Success, Self-actualization

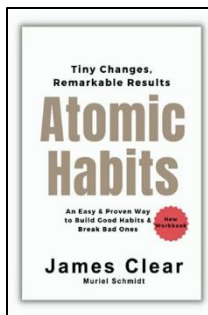


### [The Courage to Be Happy: Discover the Power of Positive Psychology and Choose Happiness Every Day](#)

By Ichiro Kishimi, Fumitake Koga

**Genre:** Nonfiction

**Descriptors:** Self-help, Adlerian Psychology, Self-actualization

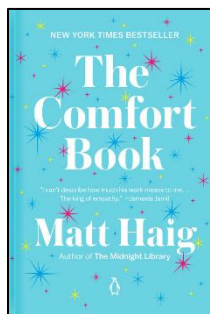


### [ATOMIC HABITS: An Easy & Proven Way to Build Good Habits and Break Bad Ones](#)

by James Clear

**Genre:** Nonfiction

**Descriptors:** Behavior Modification, Habit Breaking



### [The Comfort Book](#)

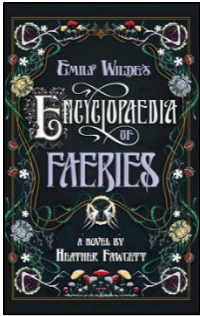
by Matt Haig

**Genre:** Nonfiction

**Descriptors:** Self-help, Happiness, Contentment, Hope

# Rise to the Challenge Reading Program:

## Read a book to promote positive thinking

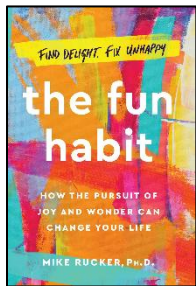


### [Emily Wilde's Encyclopaedia of Faeries](#)

by Heather Fawcett

**Genre:** Fantasy Fiction

**Descriptors:** Magical Realism, Fairies, Relationships, Historical Fiction

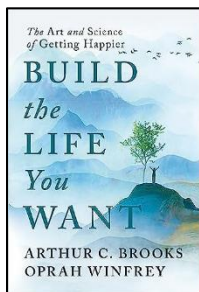


### [The Fun Habit: How the Pursuit of Joy and Wonder Can Change Your Life](#)

by Mike Rucker

**Genre:** Nonfiction

**Descriptors:** Self-help, Happiness, Sel-actualization



### [Build the Life You Want: The Art and Science of Getting Happier](#)

by Arthur C. Brooks, Oprah Winfrey

**Genre:** Nonfiction

**Descriptors:** Self-help, Happiness, Change (Psychology)

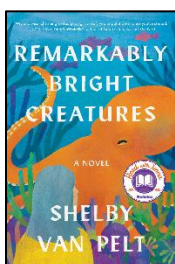


### [Before the Coffee Gets Cold](#)

by Toshikazu Kawaguchi, Geoffrey Trousselot (Translator)

**Genre:** Fiction

**Descriptors:** Magical Realism, Time-travel, Interpersonal Relations



### [Remarkably Bright Creatures](#)

by Shelby Van Pelt

**Genre:** Fiction

**Descriptors:** Detective and Mystery, Animals, Octopuses, Widows