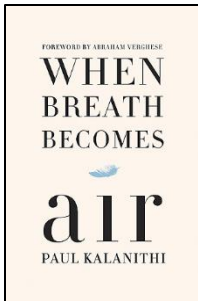


Rise to the Challenge Reading Program: Read a book to expand your mind

Below are recommendations for books that are related to the brain, self help, psychology, and personal development

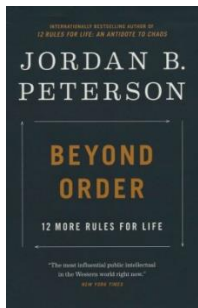


[When Breath Becomes Air](#)

By Paul Kalanithi

Genre: Autobiography

Descriptors: Nonfiction; Health/Cancer; Life Story

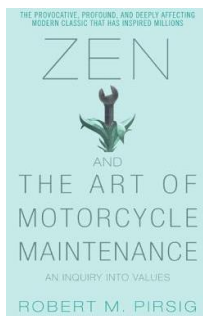


[Beyond Order: 12 More Rules for Life](#)

by Jordan B. Peterson

Genre: Psychology

Descriptors: Nonfiction; Self Help; Personal Development

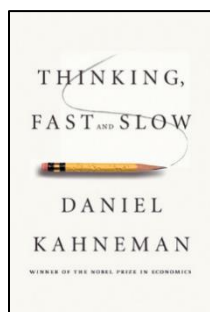


[Zen and the Art of Motorcycle Maintenance](#)

by Robert M. Pirsig

Genre: Autobiography

Descriptors: Nonfiction; Relationships; Self-reckoning



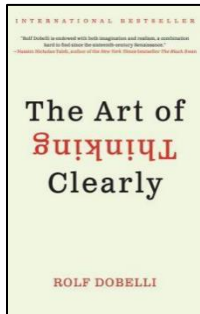
[Thinking, Fast and Slow](#)

by Daniel Kahneman

Genre: Psychology

Descriptors: Nonfiction; Self Help; Personal Development

Rise to the Challenge Reading Program: Read a book to expand your mind

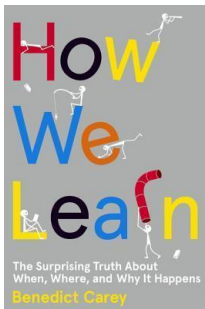


[The Art of Thinking Clearly](#)

by Rolf Dobelli

Genre: Philosophy; Psychology

Descriptors: Nonfiction; Self Help; Personal Development

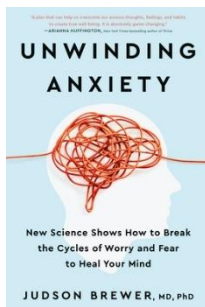


[How We Learn: The Surprising Truth About When, Where, and Why It Happens](#)

by Benedict Carey

Genre: Psychology – Brain Research

Descriptors: Education; Self Help

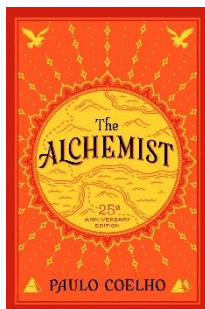


[Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind](#)

by Judson Brewer

Genre: Self Help

Descriptors: Anxiety; Mindfulness; Habit Breaking

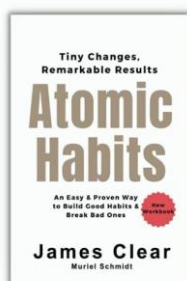


[The Alchemist](#)

by Paulo Coelho

Genre: Fables; Fiction

Descriptors: Philosophy; Spirituality



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

by James Clear

Genre: Psychology

Descriptors: Behavior Modification; Habit Breaking