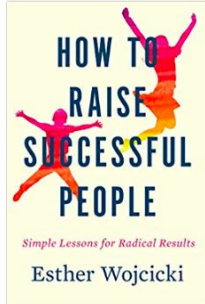


## (Optional) Summer Reading – For Grown Ups!

### ABOUT PARENTING



#### ***How to Raise Successful People***

by Esther Wojcicki

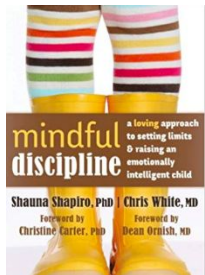
Why we recommend it: Local teacher PALY journalism teacher Esther Wojcicki is also famous for being the mom of Anne (co-founder of 23andMe), Janet, a Fulbright-winning anthropologist, and Susan (CEO of YouTube). In this book, she shares her teaching and parenting philosophy: TRICK, which stands for Trust, Respect, Independence, Collaboration, and Kindness.



#### ***The Good News About Bad Behavior***

by Katherine Reynolds Lewis

Why we recommend it: Lewis introduces a theory of discipline that centers on learning the art of self-control. Her Apprenticeship Model blends new scientific research and powerful individual stories of change to show how we can trust our children to face consequences, so that they can learn to adapt and moderate their own behavior.



#### ***Mindful Discipline***

by Shauna Shapiro & Chris White

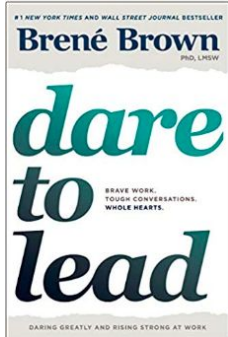
Why we recommend it: Though not new, this is a great, general parenting book that balances love and limits. The authors use modern science as well as ancient wisdom to lay out a path for developing emotional intelligence, self-discipline, and resilience in children.

### ABOUT PARENTING - SHORTER ARTICLES FROM CHALLENGE SUCCESS

This is a list of recent articles recommended for parents by Challenge Success, the organization based out of Stanford that we are working with to ensure the wellbeing of our students and community.

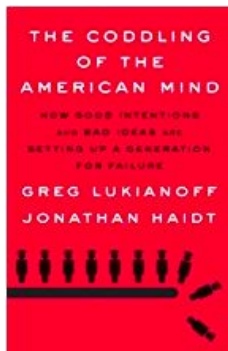
- [\*Parents, Our Definition of Success is All Wrong\*](#) | *The Washington Post*
- [\*Dear Therapist: My Son Has an Impractical, Ridiculous Career Plan\*](#) | *The Atlantic*
- [\*A Parent's Guide to Why Teens Make Bad Decisions\*](#) | *The Conversation*
- [\*A Teacher's Advice for Tiger, Helicopter, and Snowplow Parents\*](#) | *The Boston Globe*
- [\*Dear Daughter, Remember This When You're Stressed About Grades\*](#) | *Grown & Flown*
- [\*How to Stop Thinking Your Teen Is 'Pushing Your Buttons'\*](#) | *The New York Times*

## TO BUILD OUR OWN EMPATHY & UNDERSTANDING OF THE TIMES IN WHICH WE LIVE



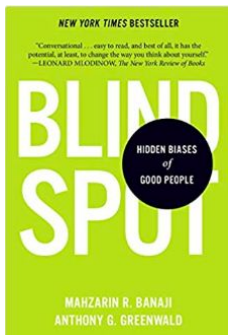
### ***Dare to Lead*** by Brené Brown

Why we recommend it: Brené Brown encourages us to all be leaders in our own lives and offers strategies to grow both heart and mind. By staying curious, asking questions, forging connections, developing emotional intelligence, conducting daring conversations, and leaning into vulnerability, this book inspires us to live into our values and lead from the heart.



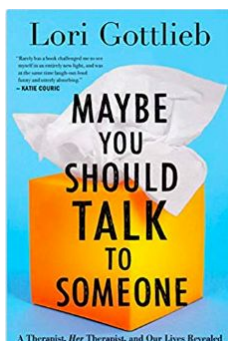
### ***The Coddling of the American Mind*** by Jonathan Haidt

Why we recommend it: Based on [the essay](#) of the same name from 2015, Haidt explores polarizing events on college campuses and explains them through three “untruths” that have become increasingly woven into American childhood and education. It brings a unique perspective to some current difficulties Americans have in attempts to live, work, and cooperate across political party lines.



### ***Blindspot: The Hidden Biases of Good People*** by Mahzarin Banaji & Anthony G. Greenwald

Why we recommend it: Blindspot explores the hidden biases we all carry from a lifetime of exposure to cultural attitudes about age, gender, race, ethnicity, religion, social class, sexuality, disability status, and nationality. Discovering those implicit biases and discovering the science behind them sets the stage to further align our behaviors and actions with our intentions.



### ***Maybe You Should Talk to Someone*** by Lori Gottlieb

Why we recommend it: Gottlieb is a contributor to NPR, The Atlantic and a therapist in LA. She writes about being a therapist, her patients, and going into therapy herself. It's a huge empathy builder and causes readers to see themselves and their own areas for growth.