Workplace Leadership

- Leadership Step by Step: Become the Person Others Follow by Joshua Spodek
- The Discomfort Zone: How Leaders Turn Difficult Conversations Into Breakthroughs by Marcia Reynolds
- Lean In: Women, Work, and the Will to Lead by Sheryl Sandberg
- A Great Place to Work for All: Better for Business, Better for People, Better for the World by Michael C. Bush

Credibility in the Juvenile Justice System

- The Criminal Law Handbook: Know Your Rights, Survive the System by Paul Bergman, J.D. & Sara J. Berman, J.D.
- Life in prison by Stanley "Tookie" Williams with Barbara Cottman Becnel
- Maximum Security: The True Meaning of Freedom by Alan Gompers
- The Lost Chapters: Finding Recovery and Renewal One Book at a Time by Leslie Schwartz
- Life On the Outside: The Prison Odyssey of Elaine Bartlett by Jennifer Gonnerman

Resident Driven Results

- After the Education Wars: How Smart Schools Upend the Business of Reform by Andrea Gabo.
- The community food forest handbook: how to plan, organize, and nurture edible gathering places by Catherine Bukowski and John Munsel
- Start a Community Food Garden: The Essential Handbook by LaManda Joy.
- Grant Writing for dummies by Dr. Beverly A. Browning, MPA, DBA.

SAN DIEGO COUNTY LIBRARY
BOOK RECOMMENDATIONS

5560 Overland Ave., Ste. 110
San Diego, CA 92123
www.sdcl.org
San Diego County Library is a proud partner of LiveWell. You can find these resources and more by visiting sdcl.org or stopping by one of our 33 branch locations.

### Preparing for the Jobs of Tomorrow

- **Knock 'em Dead: The Ultimate Job Search Guide** by Martin Yate
- **50 Ways to Get a Job: An Unconventional Guide to Finding Work on Your Terms** by Dev Aujla
- **Business Coaching & Mentoring** by Marie Taylor and Steve Crabb
- **Stretch: How to Future-Proof Yourself for Tomorrow's Workplace** by Karie Willyerd, Barbara Mistick

### Community Lab

- **Building Resilience to Trauma: The Trauma and Community Resiliency Models** by Elaine Miller-Karas
- **Journey Through Trauma: A Trail Guide to the Five-Phase Cycle of Healing Repeated Trauma** by Gretchen L. Schmelzer, PhD
- **Emotional Intelligence 2.0** by Travis Bradberry & Jean Greaves

### Inclusive Communication

- **Changing the Conversation: The 17 Principles of Conflict Resolution** by Dana Caspersen
- **Quiet the Rage: How Learning to Manage Conflict Will Change Your Life (and the World)** by R.W. Burke, MBA, CPC
- **De-escalate: How to Calm an Angry Person in 90 Seconds or Less** by Douglas E. Noll
- **Talking Across the Divide: How to Communicate with People you Disagree With and Maybe Even Change the World** by Justin Lee e-book only

### Resilient Families

- **The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child** by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D
- **El Cerebro Afirmativo del Niño por Daniel J. Siegel y T. Payne Bryson
- **Wits Guts Grit: All-Natural Biohacks for Raising Smart, Resilient Kids** by Jena Pincott
- **The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives** by William Stixrud, PhD, and Ned Johnson
- **The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children** by Shefali Tsabary, Ph.D.

### Promoting Public Health

- **Recipes for a Successful School Garden: A Guide for Parents and Teachers** by Elizabeth Ebinger, Maggie Tuohy
- **Promoting Health and Wellness in Underserved Communities: Multidisciplinary Perspectives Through Service Learning** by Anabel Pelham and Elizabeth Sills; Link+
- **Doing Harm: The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick** by Maya Dusenbery

### Substance Abuse

- **The Addiction Solution: Treating Our Dependence on Opioids and Other Drugs** by Lloyd I. Sederer, MD
- **If You Work It, It Works! The Science Behind 12 Step Recovery** by Joseph Nowinski, PhD
- **How to Raise a Drug-Free Kid: The Straight Dope for Parents** by Joseph A. Califano
- **Not My Child: A Progressive and Proactive Approach for Healing Addicted Teenagers and Their Families** by Dr. Frank Lawlis
- **The Lost Chapters: Finding Recovery and Renewal One Book at a Time** by Leslie Schwartz

### Inclusive Communication

- **Changing the Conversation: The 17 Principles of Conflict Resolution** by Dana Caspersen
- **Quiet the Rage: How Learning to Manage Conflict Will Change Your Life (and the World)** by R.W. Burke, MBA, CPC
- **De-escalate: How to Calm an Angry Person in 90 Seconds or Less** by Douglas E. Noll
- **Talking Across the Divide: How to Communicate with People you Disagree With and Maybe Even Change the World** by Justin Lee e-book only