



Reading List

Picking up a book is something that we forget about all too often in our busy daily lives, but it can create an amazing pocket of time to relax, unwind and grow yourself as a person.

Whether it's a paperback, kindle or other medium, the amount and depth of information or intricacies of a story cannot be matched by any other medium. Even movies can't come close.

Some of the biggest changes in perception and deep realisations have started with the information contained within books!

- **A New Earth** - *Eckhart Tolle*
- **The Boy, The Mole, The Fox and The Horse** - *Charlie Mackesy*
- **Finding Audrey** - *Sophie Kinsella*
- **Natives: Race and Class in the Ruins of Empire** - *Akala*
- **This Book is Anti-Racist** - *Tiffany Jewell and Aurelia Durand*
- **The Woman Code** - *Sophia A Nelson*
- **The Unexpected Joy of Being Single** - *Catherine Gray*
- **Me and White Supremacy** - *Layla Saad*
- **How to Get Over a Boy** - *Chidera Eggerue*
- **Why I'm No Longer Talking to White People About Race** - *Reni Eddo-Lodge*
- **The Art of Thinking Clearly** - *Rolf Dobelli*
- **Flow** - *Mihaly Csikszentmihalyi*
- **The Power of Habit** - *Charles Duhigg*
- **Good Morning Good Night** - *Lin Manuel Miranda*
- **If I Could Tell You Just One Thing** - *Richard Reed*
- **Make Your Bed** - *William H McRaven*

We're here. Isle Listen.