



35 Must Read Books

1. **The 100-year-old man who climbed out a window and disappeared**, by Jonas Jonasson: This book is a humorous series of events that happens to man after he escapes from his retirement facility on his 100th birthday. The new friends (and enemies) he makes along the way all tie together in a goofy and happenstance manner which causes reflection on his many past adventures.
2. **A Boy, a Mole, a Fox and a Horse**, by Charlie Mackesy: This is about love and friendship. It is soothing and comforting about having courage in difficult times. Resilience is a theme. It is a family book that will be re-read many times. The line drawings add charm. Refreshing!
3. **A Catalogue of Unabashed Gratitude**, by Ross Gay: A collection of poetry that celebrates the full abundance of nature and small, often taken for granted, ways we reach out for connection. My favourite poem in this book is the title poem which can be found read by the author on Spotify and other streaming services.
4. **A Short History of Nearly Everything**, by Bill Bryson: easy to comprehend, yet comprehensive review of the world around us.
5. **The Body: A Guide for Occupants**, by Bill Bryson: overview of the human body (the good and bad)
6. **The Body Keeps the Score: Brain, Mind & body in the healing of Trauma**, by Bessel Van der Kolk: Talks and discusses new and better therapies in treating trauma, mental illness and stress held within the body and mind.
7. **Buddha Da**, by Anne Donovan: Anne Marie's Da, a Glaswegian painter and decorator, has always been game for a laugh. So, when he takes up meditation at the Buddhist Centre, no one takes him seriously. Written in the Scots dialect, this novel is "a delightfully deadpan look at what happens when one family member decides that he's unlocked the secret of the universe."
8. **Catch 22**, by Joseph Heller: A satirical comedic telling of the life of World War II bombers based in Italy. It brings to life many examples of Catch 22, in which the only solution to a problem is denied by the problem itself or inherent circumstances, through the absurd world and characters in the book.
9. **The Choice: Embrace the possible**, by Dr. Edith Eger: An unforgettable story from one of the last Holocaust survivors. A testament to the resilience of the human spirit and the power of choice in our lives. It is a life-changing book of hope and comfort.
10. **Cutting for Stone**, by Abraham Verghese: a family saga of Africa and America, doctors and patients, exile, and home.



11. **The Dictionary of Lost Words**, by Pip Williams: In 1901, the word 'bondmaid' was discovered missing from The Oxford English Dictionary. This is the story of the girl who stole it. Set when the women's suffrage movement was at its height, this novel reveals a lost narrative hidden between the lines of a history written by men. It's a "delightful, lyrical and thought-provoking celebration of words, and the power of language to shape our experience of the world."
12. **Educated**, by Tara Westover: In this book Tara tells her story and education journey despite the barriers or challenges she faced along the way. I couldn't put this book down!
13. **Freedom in Exile: The Autobiography of the Dalai Lama**, by the Dalai Lama XIV: In this astonishingly frank autobiography, the Dalai Lama reveals the remarkable inner strength that allowed him to master both the mysteries of Tibetan Buddhism and the brutal realities of Chinese Communism.
14. **Gardens of the Moon**, by Steven Erikson: Book one of an epic fantasy series in which in complex characters and detailed world building is used to tell the tale of various power struggles across an empire.
15. **The Inconvenient Indian**, by Thomas King: Rich with dark and light, pain and magic, The Inconvenient Indian distills the insights gleaned from Thomas King's critical and personal meditation on what it means to be "Indian" in North America, weaving the curiously circular tale of the relationship between non-Natives and Natives in the centuries since the two first encountered each other. In the process, King refashions old stories about historical events and figures.
16. **Indians on Vacation**, by Thomas King: This book was inspired by a handful of post cards sent nearly a hundred years ago and a couple's trip to Europe to trace a long-lost uncle and the family medicine bundle he took with him to Europe. Poignant and entertaining! A must read!
17. **The Kite Runner**, by Khaled Hosseini: A historic fiction book about 2 boys growing up in Afghanistan and how their friendship remained despite the intense struggles of personal obstacle and the fall of Afghanistan's Monarchy.
18. **The Last Romantics, A Novel**, by Tara Conklin: When the renowned poet, Fiona Skinner is asked about her iconic work, "The Love Poem," she tells her audience a story about her family and a betrayal that reverberates through time. Four siblings and a family tragedy are at the heart of this novel. The strength and fragility of their bond and the evolving nature of love over the decades serves as the basis for this beautifully written novel.
19. **The Motivation Manifesto**, by Brendon Burchard: A pulsing, articulate, ferocious call to claim our personal power. World-renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice—time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear.



20. **The Name of the Wind (Book 1, The Kingkiller Chronicles)**, by Patrick Rothfuss: Told in Kvothe's own voice, this is the tale of the magically gifted young man who grows to be the most notorious wizard his world has ever seen. The intimate narrative of his childhood in a troupe of traveling players, his years spent as a near-feral orphan in a crime-ridden city, his daringly brazen yet successful bid to enter a legendary school of magic, and his life as a fugitive after the murder of a king form a gripping coming-of-age story unrivaled in recent literature.
21. **The Power of Now**, by Eckhart Tolle: The Power of Now proposes that the only way to reach true peace and fulfillment is through being completely present in each moment you experience. There is a part of our mind, called the ego, that derails us by ruminating on the past, speculating about the future, clinging to our painful experiences, and insisting that we will be happy and fulfilled if we can just achieve this goal. The book draws on the philosophical perspective of Zen Buddhism.
22. **The Power of One**, by Bryce Courtenay: In 1939, as Hitler casts his enormous, cruel shadow across the world, the seeds of apartheid take root in South Africa. There, a boy called Peekay is born. His childhood is marked by humiliation and abandonment, yet he vows to survive and conceives heroic dreams, which are nothing compared to what life actually has in store for him. He embarks on an epic journey through a land of tribal superstition and modern prejudice where he will learn the power of words, the power to transform lives and the power of one.
23. **The Reconciliation Manifesto**, by Arthur Manuel and Grand Chief Ronald Derrickson: In this book Arthur Manuel and Grand Chief Ronald Derrickson challenge virtually everything that non-Indigenous Canadians believe about their relationship with Indigenous Peoples and the steps that are needed to place this relationship on a healthy and honourable footing.
24. **Sapiens**, by Yuval Noah Harar: Talks about and recounts the course of history all while describing events and the individual human experience, along with ethical issues.
25. **Storm Front (Book 1, The Dresden Files)**, by Jim Butcher: Lost Items Found. Paranormal Investigations. Consulting. Advice. Reasonable Rates. No Love Potions, Endless Purses, or Other Entertainment. Harry Dresden is the best at what he does. Well, technically, he's the only at what he does. So, when the Chicago P.D. has a case that transcends mortal creativity or capability, they come to him for answers. For the "everyday" world is actually full of strange and magical things—and most don't play well with humans. That's where Harry comes in. Takes a wizard to catch a—well, whatever.
26. **Tandia**, by Bryce Courtenay: Tandia sat waiting anxiously for the fight to begin between the man she loved the most in the world and the man she hated the most in the world. Tandia is a child of Africa: half Indian, half African, beautiful and intelligent, she is only sixteen when she is first brutalised by the police. Her fear of the white man leads her to join the black resistance movement, where she trains as a terrorist. With her in the fight for justice is the one white man Tandia can trust, the welterweight champion of the world, Peekay. Now he must fight their common enemy in order to save both their lives.



27. **Things You May Not Know About the Indian Act**, by Bob Joseph: Required reading for all Settlers. Joseph articulates the colonial impacts of the Indian Act on both past and present times in clear and accessible language.
28. **Tinkers**, by Paul Harding: A beautiful elegiac meditation on life, connection, nature, and loss. Ultimately a reflection on the ways we remain connected to each other and nature.
29. **The Vanishing Half**, by Brit Bennett: This book tells the stories of a set of identical twins who go different ways in their youth to find themselves with distinctly different families, homes, lifestyles, and values. Their lives end up crossing paths and becoming interwoven in unusual ways which pulls their families both together and apart.
30. **The Wandering Inn (Book 1, The Wandering Inn Series)**, by Pirate Aba: It's a bad day when Erin finds herself transported to a fantastical world and nearly gets eaten by a Dragon. She doesn't belong in a place where monster attacks are a fact of life, and where Humans are one species among many. But she must adapt to her new life. Or die.
In a dangerous world where magic is real and people can level up and gain classes, Erin Solstice must battle somewhat evil Goblins, deadly Rock Crabs, and hungry [Necromancers]. She is no warrior, no mage. Erin Solstice runs an inn. <https://wanderinginn.com/2016/07/27/1-00/>
31. **Where the Crawdads Sing**, by Delia Owens: This is the story of a young woman's survival in the marsh. It speaks to her abandonment, resilience, and strength. She finds beauty and fulfills her curiosity in the natural world that surrounds her.
32. **White Oleander**, by Janet Fitch: a heartbreaking coming of age novel centered around the strained relationship of a daughter in foster care and her imprisoned mother.
33. **Why Zebras Don't Get Ulcers**, by Robert M. Sapolsky: review of the stress response in humans and how it compares to animals (and how that difference is impacting our health)
34. **Wind-Up Bird Chronicle**, by Haruki Murakami: a bizarre mystery about a missing cat, relationships, and shifting realities.
35. **Women Who Run With the Wolves: Myths and Stories of the Wild Women Archetype**, by Clarissa Pinkola Estes: Within every woman there is a wild and natural creature, a powerful force, filled with good instincts, passionate creativity, and ageless knowing. Her name is Wild Woman, but she is an endangered species. Clarissa Pinkola Estes, Ph.D., Jungian analyst and cantadora storyteller shows how women's vitality can be restored through what she calls "psychic archeological digs" into the ruins of the female unconscious. Using multicultural myths, fairy tales, folk tales, and stories, Dr. Estes helps women reconnect with the healthy, instinctual, visionary attributes of the Wild Woman archetype.
Dr. Estes has created a new lexicon for describing the female psyche. Fertile and life-giving, it is a psychology of women in the truest sense, a knowing of the soul.