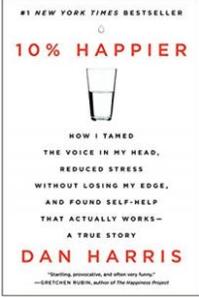
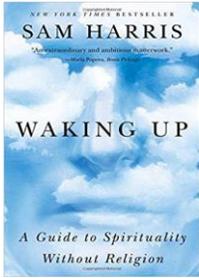
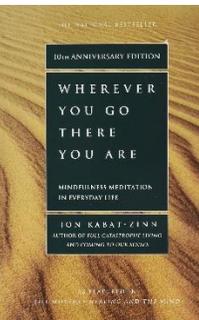


Grade 12 Abington High School Assigned Summer Reading (Wellness): Choose One

**Essential Question:**

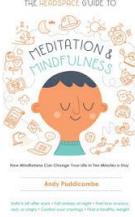
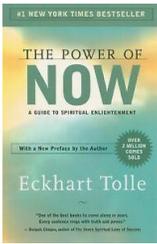
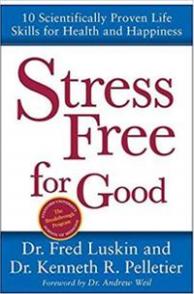
**To what degree can one person have a positive effect on their own health and well-being?**

	<p>10% Happier by Dan Harris</p>	<p>After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out.</p> <p>Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. <i>10% Happier</i> takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America’s spiritual scene, and leaves them with a takeaway that could actually change their lives.</p>
	<p>Waking Up by Sam Harris</p>	<p>For the millions of Americans who want spirituality without religion, Sam Harris’s latest <i>New York Times</i> bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology.</p> <p>From Sam Harris, neuroscientist and author of numerous <i>New York Times</i> bestselling books, <i>Waking Up</i> is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives.</p> <p><i>Waking Up</i> is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.</p>
	<p>Wherever You Go, There You Are by Jon Kabat-Zinn</p>	<p>When <i>Wherever You Go, There You Are</i> was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Ten years later, the book continues to change lives. In honor of the book's 10th anniversary, Kabat-Zinn's book outlines the Buddhist technique of "mindfulness": a method of living fully in the moment without judgment.</p>

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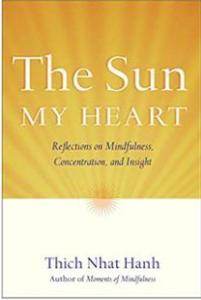
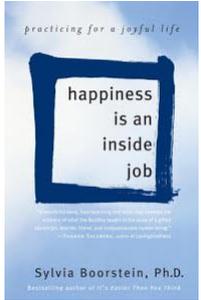
**To what degree can one person have a positive effect on their own health and well-being?**

	<p>The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day by Andy Puddicombe</p>	<p>As a former Buddhist monk with over 10 years of teaching experience, Andy Puddicombe has been acknowledged as the UK's foremost mindfulness meditation expert. Like his readers and students, he began his own meditation practice as a normal, busy person with everyday concerns, and he has since designed a program of mindfulness and guided meditation that fits neatly into a jam-packed daily routine-proving that just 10 minutes a day can make a world of difference. Simple exercises, stories and techniques culled from Andy's years of experience will help anyone calm the chatter in their minds. The result? More headspace, less stress.</p> <p>This book and practice will help readers positively impact every area of their physical and mental health through mindfulness, from productivity and focus, to stress and anxiety relief, sleep, weight-loss, personal relationships...and the list goes on and on.</p>
	<p>The Power of Now by Eckhart Tolle</p>	<p>To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us.</p> <p>A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.</p>
	<p>Stress Free for Good by Dr. Fred Luskin</p>	<p>Imagine if you could . . .</p> <ul style="list-style-type: none"> <li>• Radically reduce stress</li> <li>• Increase your physical vitality</li> <li>• Improve your quality of life</li> </ul> <p>Now you can. We live in an age of stress. Each day at work and at home as we struggle to take care of the basics, constant stress significantly affects our ability to lead healthy and happy lives. We struggle with stomach pain, headaches, mood swings, fatigue, depression, high blood pressure, and even heart failure. Not only does stress damage our physical and emotional well-being, but our relationships and productivity suffer as well. What, if anything, can we do to stop this cycle?</p> <p>Dr. Fred Luskin and Dr. Kenneth R. Pelletier spent years at the Stanford University School of Medicine developing ten proven skills for eliminating the stress, anxiety, and pain that occur in daily life. Delivering skills that have been honed and tested among a diverse group of Americans, <i>Stress Free for Good</i> is easy to use</p>

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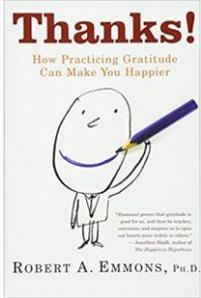
**To what degree can one person have a positive effect on their own health and well-being?**

		<p>and starts working immediately. Offering more than just the promise of breaking even and eliminating daily stress, these ten skills provide a foundation for living a healthier and happier life. This is not only a practical and accessible guide to conquering the stress in our lives once and for all, it is also the last stress aid you will ever need.</p>
	<p>The Sun My Heart by Thich Nhat Hanh</p>	<p><i>The Sun My Heart</i> is one of Thich Nhat Hanh's most beloved books. It was written as a sequel to <i>Miracle of Mindfulness</i> and contains the journey, on the path of everyday practice, from mindfulness to insight in an informational, conversational manner. Using the objects and events of everyday life in his hermitage in Plum Village—the gradual settling of the pulp in a glass of apple juice or the wind blowing into the room and scattering papers about—Thich Nhat Hanh draws from Buddhist psychology, epistemology, and the world of contemporary literature and science to guide the reader along the path of clarity and understanding.</p> <p>This book can be read straight through, but is also designed to be opened randomly and experienced chapter by chapter, paragraph by paragraph. Thich Nhat Hanh suggests in the Introduction that <i>The Sun My Heart</i> "prefers to be a friend rather than a book. You can take it with you on the bus or subway as you do your coat or your scarf. It can give you small moments of joy at any time."</p>
	<p>Happiness is an Inside Job by Sylvia Boorstein</p>	<p>How can we stay engaged with life day after day? How can we continue to love—to keep our minds in a happy mood—when life is complex, difficult, and, often, disappointing? Bestselling author and beloved teacher Sylvia Boorstein asked herself these questions when she started to write this inspiring new book. The result is her best work to date, offering warm, wise, and helpful ways we can experience happiness even when the odds are against us.</p> <p>As Boorstein has discovered in more than three decades of practice as a professional psychotherapist, the secret to happiness lies in actively cultivating our capacity to connect with kindness: with ourselves; with friends, family, colleagues; with those we may not know well; and even with those we may not like. She draws from the heart of Buddhist teachings to show how Wise Effort, Wise Mindfulness, and Wise Concentration can lead us away from anger, anxiety, and confusion, and into calmness, clarity, and the joy of living in the present. These qualities strengthen our ability to meet encounters of every kind with balance and intelligence, providing us with a grounded sense of true contentment.</p> <p>Happiness Is an Inside Job resonates with the knowledge of a psychotherapist, the compassion of a spiritual teacher, and the wisdom of a grandmother. Boorstein's vivid stories capture our minds and our hearts, and the simple exercises she suggests can be done while you read.</p> <p>This beautiful book is comforting and reminds us that life is a shared journey, that our hearts truly do want to console and love</p>

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		<p>our fellow sojourners, and that living happily is indeed the best way to live.</p>
	<p>Thanks! How Practicing Gratitude Can Make You Happier by Robert Emmons</p>	<p>Did you know that there is a crucial component of happiness that is often overlooked? Robert Emmons—editor-in-chief of the <i>Journal of Positive Psychology</i>—examines what it means to think and feel gratefully in <i>Thanks!</i> and invites readers to learn how to put this powerful emotion into practice. Scientifically speaking, regular grateful thinking can increase happiness by as much as 25 percent, while keeping a gratitude journal for as little as three weeks results in better sleep and more energy. But there's more than science to embrace here: Emmons also bolsters the case for gratitude by weaving in writings of philosophers, novelists, and theologians that illustrate all the benefits grateful living brings.</p>

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