

Chapter 9—Family Reading Resource Guide

Chapter 9: Self-Motivation: It's Your Move

Below is a list of readings that support this chapter's topic. Each title contains a link to a dedicated webpage where the item can be purchased or downloaded (if available). Click on the blue text at the end of the title to activate the link. If the link provided is not longer valid, you can search for the title using the ISBN provided with each title.

Elementary

Fuzzle's Mystery Talent: A Bed Time Fantasy Story. Author: Karen Brueggeman. This book contains life lessons like teaching the child to not give up and dealing with self esteem issues (explaining that we are all special in our own way). You will find it is also filled with bright and cheerful illustrations. Happy reading and we hope you enjoy. We also welcome reviews. Thank you. This book is suitable as a read aloud book for preschooler at bedtime or as a self-read children's book for older children. **ISBN: 9780989256506.** [Available at Amazon.](#)

Fish in a Tree. Author: Lynda Mullaly Hurt. The author of the beloved *One for the Murphys* gives readers an emotionally-charged, uplifting novel that will speak to anyone who's ever thought there was something wrong with them because they didn't fit in. **ISBN: 9780399162596.** [Available at Amazon.](#)

Sean Wants To Be Messi: A Children's Book About Fulfilling Your Dream. Author: Tanya Preminger. An engaging, relatable children's book about soccer, practice, and inspiration. **ISBN: 9781515389989.** [Available at Amazon.](#)

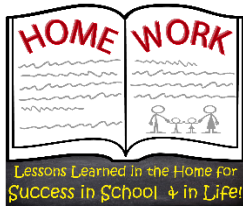
The Little Engine That Could. Author: Piper Watty,. The story of a train filled with toys and gifts for little boys and girls that breaks down before reaching the children. After asking several passing trains for help over the hill, a little blue train agrees to help the stranded toys. Even though she is small, the blue train tries her best to bring the toys to the children on the other side of the hill. **ISBN: 9780399246500.** [Available at Amazon.](#)

Pre-teen/Teen

Who Moved My Cheese? for Teens. Author: Spencer Johnson. Help a teen you know deal with the changes in his or her life with the book that has helped so many others. "Cheese" is a metaphor for what you want in life and the book gives teens a fun vocabulary and way to understand change and move forward in their lives. **ISBN: 9780399240072.** [Available at Amazon.](#)

Success Express for Teens: 50 Life-Changing Activities. Author: Roger Leslie. Success Express for Teens is the way to get from where you are right now to where you want to be. It shows you that for anything you really want in your life, there is a reality to fill it. **ISBN: 9781886298095.** [Available at Amazon.](#)

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Additional Titles to Explore

The Ballad of a Broken Nose. Author: Arne Svingen. From award-winning Norwegian author Arne Svingen comes “an unusually exciting and funny story” (*Dagbladet*) about a relentlessly positive teenager who uses his love of opera to cope with his less-than-perfect home life. Bart is an eternal optimist. **ISBN: 9781481415439.** [Available at Amazon.](#)

Garvey's Choice. Author: Nikki Grimes. When his only friend encourages him to join the school chorus, Garvey's life changes. The chorus finds a new soloist in Garvey, and through chorus, Garvey finds a way to accept himself, and a way to finally reach his distant father. This emotionally resonant novel in verse by award-winning author Nikki Grimes celebrates choosing to be true to yourself. **ISBN: 9781629797403.** [Available at Amazon.](#)

Keys to Success for Kids: 2.0. Author: Caleb Maddix. Caleb has a dream to help millions of fatherless kids, the homeless, and children suffering with obesity. He is very focused on personal growth and reads an average of one book per week. This book was written out of Caleb's desire to help kids (and adults) across the world become more aware of success principles. **ISBN: 9781512052602.** [Available at Amazon.](#)

Leave Your Sleeve, Steve! Author: Yonit Werber. This bed-time children's story tells the tale of Steve and his mom and shows a great and easy way to motivate kids to stop cleaning their mouth with their sleeves. **AVAILABLE ONLY IN KINDLE.** [Available at Amazon.](#)

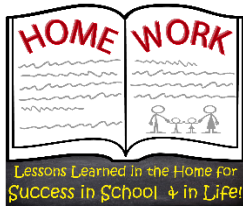
Go for the Goal: A Champion's Guide to Winning in Soccer and Life. Author: Mia Hamm. The inspiring story of how a tiny suburban sprite became a global terror with a ball (and the world) at her feet—and a step-by-step or dribble-by-dribble guide for any kid with the all-American dream of making the team and becoming a champion. **ISBN: 9780060931599.** [Available at Amazon.](#)

Powerful Me! A Book of Powerful Affirmations for Little Stars. Author: Cherrie DeJolde Bautista. This book teaches kids to be positive and to value the love and support of family and friends in their quest to be the best they can be. Among the children's picture books that teach values to kids. **ISBN: 9781519153029.** [Available at Amazon.](#)

Chicken Soup for the Kid's Soul: Stories of Courage, Hope and Laughter for Kids ages 8-12. Author: Jack Canfield. In this special volume, young listeners will find empowerment and encouragement to love and accept themselves, believe in their dreams, find answers to their questions and discover hope for a promising future. **ISBN: 9781623610609.** [Available at Amazon.](#)

Neymar: The Children's Book. Author: Roy Brandon. Fully illustrated children's book of the story of one of the best soccer player Neymar since he was a kid to when he became one of the best soccer players in the world. **ISBN: 9781541311596.** [Available at Amazon.](#)

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Whatever You Are, Be a Good One. Author: Lisa Congdon. This thought-provoking collection compiles the timeless wisdom of great original minds— from Marie Curie to Stephen King—brilliantly hand-lettered by beloved indie artist Lisa Congdon. Readers will find enlightening insights, stirring calls to action, and stimulating encouragements beautifully illuminated on every page. ISBN: 9781452124834. [Available at Amazon.](#)

Chicken Soup for the Soul: Be the Best You Can Be: Inspiring True Stories about Goals & Values for Kids & Preteens. Author: Amy Newmark. This book is filled with inspirational stories for children and their families to share, all about kids making good decisions, doing the right thing, and being kind. It inspires young people and adults to embrace their differences, reject stereotypes, and make good choices. ISBN: 9781942649007. [Available at Amazon.](#)

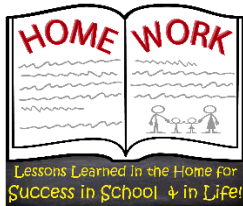
Stephen Curry: The Children's Book. Author: Roy Brandon. Fully illustrated children's book of the story of one of the best basketball player Stephen Curry who overcame all the challenges and become one of the basketball players in history. ISBN: 9781546370260. [Available at Amazon.](#)

Bring Your 'A' Game: A Young Athlete's Guide to Mental Toughness. Author: Jennifer L. Etnier. This book was written specifically for young athletes interested in improving their performance and reaching their potential in sport. It encourages athletes to incorporate mental skills into their daily lives and practice sessions so that they become second nature during competition. ISBN: 9780807859902. [Available at Amazon.](#)

Federer: The Children's Book. Author: Roy Brandon. The story of a young boy who follows his dream, works hard and never gives up to finally become one of the greatest tennis players in history. ISBN: 9781544005690. [Available at Amazon.](#)

How Full is Your Bucket? For Kids. Authors: Tom Rath and Mary Reckmeyer. Told through the story of a boy who learns a valuable “bucket filling” metaphor and watches it come to life as the day unfolds. Felix begins to see how every interaction in a day either fills or empties his bucket. ISBN: 9781595620279. [Available at Amazon.](#)

Developing Teen Leadership: A practical Guide for Youth Group Advisors, Teachers and Parents. Author: Dan Appleman. Leadership skills are what you need to manage a team, to stand out as an employee, to start a business and to nail that interview. How do you teach these skills to teenagers? Parents, teachers, coaches, scoutmasters, youth counselors and advisors strive to do so every day, but often have limited training on how best to accomplish that goal. This is a practical guide on how to effectively help teens become leaders. ISBN: 9781936754007. [Available at Amazon.](#)



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Bee Attitude: A Positive Motivational Book for Kids. Author: Bea Grace Curri. If you are willing to believe that you can achieve and are willing to work hard, you can "fly." Bea Grace Curri uses a clever list of alphabetical encouragement for young readers to develop a "you can do it" attitude. **ISBN: 9780578078052.** [Available at Amazon.](#)

Unstoppable Me! 10 Ways to Soar Through Life. Author: Dr. Wayne W. Dyer. The 10 important lessons in this book include the value of taking risks, dealing with stress and anxiety, and learning to enjoy each moment. Each point includes an example showing how a child might apply the concept in his or her everyday life. **ISBN: 9781401911867.** [Available at Amazon.](#)

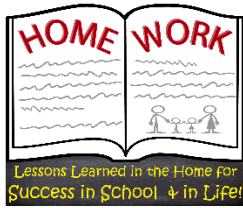
No Excuses!: How What You Say Can Get in Your Way. Author: Dr. Wayne W. Dyer. *No Excuses!* tells the story of a boy with a seemingly impossible dream who almost lets excuses stand in his way. He learns some important lessons that allow him to attain his goals—lessons that just about all children will be able to understand and apply to their lives. **ISBN: 9781401925833.** [Available at Amazon.](#)

Chicken Soup for the Soul: Think Positive for Kids: 101 Stories about Good Decisions, Self-Esteem, and Positive Thinking. Author: Kevin Sorbo. This book is filled with inspirational stories for children and their families to share, all about kids making good choices and doing the right thing. The values that children learn today will stay with them for the rest of their lives. This collection gives kids positive role models to follow in its 101 stories about doing the right thing and making healthy choices. You and your child will enjoy discussing the stories, making it a family event. **ISBN: 9781611599275.** [Available at Amazon.](#)

It's Not What You've Got. Lessons for Kids on Money and Abundance. Author: Dr. Wayne W. Dyer. This book addresses the topics of money and abundance, with the understanding that children's earliest thoughts and perceptions about money are those that will last throughout their lives. This is *not* a how-to manual on spending and saving for kids, but a positive approach to the meaning of money. **ISBN: 9780439221252.** [Available at Amazon.](#)

Chicken Soup for the Preteen Soul: Stories of Changes, Choices and Growing Up for Kids Ages 9-13. Authors: Jack Canfield, Mark Victor Hansen, Patty Hansen. Written by and for preteens, this collection of stories touches on the emotions and situations they experience every day: making and losing friends, fitting in while keeping their personal identity, discovering the opposite sex, dealing with pressures at school including violence, and coping with family issues such as divorce. **ISBN: 9781623610944.** [Available at Amazon.](#)

What Does Beauty Look Like? Author: Monica G. Wood. This is a story about a young girl, who through a simple question, learns that beauty can be found in every experience she has. Although the book



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targets elementary and middle school girls, everyone could stand to learn how to find beauty in everything and everyone. **ISBN: 9780692830895.** [Available at Amazon.](#)