

*Please Note: The information contained in this Guide is not intended as legal advice in any individual's case. There are many exceptions and variations in the parole consideration process. If you have questions, please consult with an experienced parole attorney.*

## BOOK REPORT GUIDE & SUGGESTED BOOK LIST

This Guide is intended to help you write book reports. Book reports can be an important way to show the Board that you are thinking about and working on some aspect of yourself and/or your life crime(s). Book reports can also help you to fill gaps in the programming that is available to you at your institution. By writing a book report, you should **not** be just summarizing what you read. Instead, you should be explaining **what you learned about yourself** and your actions by reading the book.

### I. Choosing a Book

First, you will need to choose a book to read. As mentioned above, a book report should show that you are thinking about some aspect of yourself and/or your life crimes(s). This may be a **character trait** (such as low self-esteem), a **characteristic of your crime** (such as domestic violence), or a **concern brought up by the Board** at your last hearing (such as substance abuse). If your institution does not have programs available that address an issue you need to work on, book reports are a good way to take initiative and work on yourself on your own. Below are some suggested books you might choose to read, organized by the topic they address. Some of these books may be available in the library, but most will need to be bought by your supporters and mailed to you from an approved seller (such as Amazon).

#### Anger

- *Freeing the Angry Mind*, Peter Bankart
- *The Anger Trap*, Les Carter
- *Transforming Anger*, Doc Lew Childre
- *Anger Among Angels*, William Defoore
- *Anger*, Thich Nhat Hanh
- *Healing Rage: Women Making Inner Peace Possible*, Ruth King
- *Letting Go of Anger*, Ronald & Pat Potter-Efron
- *Surprising Purpose of Anger*, Marshall Rosenberg
- *What's Making You Angry*, Marshall Rosenberg

#### Family/Parenting Issues

- *Houses of Healing*, Robin Casarjian
- *An Adult Child's Guide to What's Normal*, Friel & Friel
- *Toxic Parents*, Susan Forward
- *Lost Fathers*, Laraine Herring
- *Parenting from Your Heart*, Marshall Rosenberg
- *Raising Children Compassionately*, Marshall Rosenberg
- *Respectful Parents, Respectful Kids*, Marshall Rosenberg

### **Forgiveness**

- *I Thought We'd Never Speak Again*, Laura Davis
- *Forgiveness Is a Choice*, Robert Enright
- *Total Forgiveness*, R.T. Kendall
- *From Anger to Forgiveness*, Earnie Larsen
- *The Gift of Forgiveness*, Charles Stanley
- *Radical Forgiveness*, Colin Tipping
- *The Supernatural Power of Forgiveness*, Vallotton & Vallotton

### **Healthy Self & Relationships**

- *Why Does He Do That?*, Lundy Bancroft
- *Codependent No More*, Melody Beattie
- *The New Codependency*, Melody Beattie
- *Personhood: The Art of Being Fully Human*, Leo Buscaglia
- *Out of the Shadows: Understanding Sexual Addiction*, Pat Carnes
- *The Verbally Abusive Relationship*, Patricia Evans
- *Women Who Love Too Much*, Robin Norwood
- *Overcoming Passive-Aggression*, Oberlin & Murphy
- *Addiction to Love*, Susan Peabody
- *Courage to Be Yourself*, Sue Patton Thoele

### **Sexual & Gendered Violence**

- *Courage to Heal: Women Survivors of Sexual Abuse*, Ellen Bass
- *Male Brain: A Breakthrough Understanding of How Men & Boys Think*, Louann Brizendine
- *Men Who Rape*, Nicholas Groth
- *Healing Violent Men: A Model for Christian Communities*, David Livingston
- *Understanding Sexual Violence*, Diana Scully
- *Road to Freedom: A Comprehensive Competency-based Workbook for*

*Sexual Offenders in Treatment*, John Morin & Jill Levenson

### **Mindfulness**

- *Peace Is Every Step*, Thich Nhat Hanh
- *The Miracle of Mindfulness*, Thich Nhat Hanh
- *The Heart of the Buddha's Teaching*, Thich Nhat Hanh
- *You Are Here*, Thich Nhat Hanh
- *Reconciliation*, Thich Nhat Hanh
- *Be Free Where You Are*, Thich Nhat Hanh
- *Being Peace*, Thich Nhat Hanh
- *Taming the Tiger Within*, Thich Nhat Hanh
- *Autobiography of a Yogi*, Paramahansa Yogananda
- *Spiritual Counsel*, Paramahansa Yogananda
- *Talks and Essays*, Paramahansa Yogananda
- *Inner Peace*, Paramahansa Yogananda
- *Living Fearlessly*, Paramahansa Yogananda
- *Where There Is Light*, Paramahansa Yogananda

### **Nonviolent Communication**

- *Nonviolent Communication*, Marshall Rosenberg
- *Being Genuine*, Marshall Rosenberg
- *Being Me, Loving You*, M. Rosenberg
- *Connecting Across Differences*, Marshall Rosenberg
- *Getting Past the Pain Between Us*, Marshall Rosenberg
- *Graduating from Guilt*, M. Rosenberg
- *Model for Nonviolent Communication*, Marshall Rosenberg
- *Peaceful Living*, Marshall Rosenberg
- *Speak Peace in a World of Conflict*, Marshall Rosenberg
- *Urban Empathy*, Marshall Rosenberg

### **Gang Involvement**

- *It Calls You Back: An Odyssey through Love, Addiction, Revolutions, and Healing*, Luis Rodriguez
- *Always Running: La Vida Loca: Gang Days in L.A.*, Luis Rodriguez
- *Tattoos on the Heart: The Power of Boundless Compassion*, Gregory Boyle
- *A Place to Stand*, Jimmy Santiago Baca

- *Writing My Wrongs: Life, Death, and Redemption in an American Prison*, Shaka Senghor

### **Substance Abuse**

- *Staying Sober*, Terence Gorski et al
- *Understanding the 12 Steps*, Terence Gorski et al

## **II. Reading the Book**

As you read the book, focus on understanding the main ideas and concepts. If it is helpful to you, take notes and write down page numbers of particularly important parts so you can go back and find them later. However, the book report should not just be a summary, so do not feel like you have to write down every part of the book. Focus on what seems to apply to *you and/or your life crime(s)*. If there are certain parts that are particularly helpful in understanding your character traits or behaviors, you should take note of those.

## **III. Writing the Book Report**

The first paragraph of your book report should present the book, its author, and the topic the book focuses on. Use this paragraph to introduce the book, and very briefly lay out its main ideas. In the next paragraphs, you should explain how the main ideas of the book apply to *your life and/or crime(s)*. Here are some useful questions to think about as you write your book report:

1. What did the concept(s) in the book teach you about yourself?
2. How have you changed, and become a new person compared to who you were at the time of your life crime(s)? How did the concept(s) in the book help this transformation?
3. What did the concept(s) in the book teach you about your responsibility? Were there ways in which you were minimizing your responsibility for your actions?
4. How did the concept(s) in the book teach you how you could have avoided your crime(s)? How could you have changed your decision-making process?
5. What lessons will you take from the concept(s) in the book and apply throughout your life?
6. How did the concept(s) in the book change and/or deepen your understanding of the impact your actions had on others? How did your actions impact the victim of your crime(s)?

You do not need to answer all of these questions when thinking about any concept from the book, but starting with one may be a good way to approach writing your report. Even though the person reading your report will not have read the actual book, you should keep your summary of the book very brief so that you can focus on what you learned *about yourself*.

Finally, your conclusion should wrap up the things you learned from the book, and how it has helped you address aspects of yourself and/or your life crime(s). Focus on how you will apply the lessons learned from the book to your life, not just to understand your past but to live a better future.

#### IV. Some General Tips

- **Do not minimize your responsibility for your crime(s).** While you can explain how outside circumstances may have led to your crime(s), you must take full responsibility for the decision you made and actions you took.
- **Use active language in your book report.** For example, instead of saying, “My victim was killed,” say “I killed my victim.” By making this small grammatical change, you make it clear that you take full responsibility for what you did.
- Challenge yourself to be completely honest and transparent while writing your book report.
- **Go through drafts.** Check for spelling and grammar errors. See if you can word things more clearly. If you have friends, loved ones, or supporters who would be willing to do so, have them read a draft and write notes for you.

#### V. Summaries of Books

##### Anger

Freeing the Angry Mind by Peter Bankart

- Combining Buddhist thinking, behavioral psychology, and humor, *Freeing the Angry Mind* offers a series of exercises and advice to help you move through anger in a more meaningful way.

The Anger Trap by Les Carter

- *The Anger Trap* strips away the misconceptions about anger and reveals how you can learn to distinguish between healthy and unhealthy anger. It examines the root causes of anger and helps you realize your patterns, breaking the cycle of criticism and frustration that hurt you and others around you.

#### Transforming Anger by Doc Lew Childre

- *Transforming Anger* teaches how thoughts and feelings get stored in the nervous system and create triggers of irritation, frustration, and anger. Readers can then find out how to control these triggers using a series of exercises.

#### Anger Among Angels by William Defoore

- Drawing on real-life experiences, *Anger Among Angels* explores the natural roots of anger and why it emerges as rage in some people. It reveals the precursors to toxic anger as well as how to express anger in healthy ways.

#### Anger by Thich Nhat Hanh

- *Anger*, by Buddhist monk Thich Nhat Hanh, gives tools and advice on how to transform relationships, focus energy, and rejuvenate those parts of the self-destroyed by anger. It aims to build spiritual, physical, and mental development.

#### Healing Rage: Women Making Inner Peace Possible by Ruth King

- *Healing Rage* aims to help distinguish between anger and rage. Targeted to women, it shows readers the root of their unhappiness and how to seek new paths of hope.

#### Letting Go of Anger by Ronald & Pat Potter Efron

- *Letting Go of Anger* profiles patterns of anger behavior that include addictive anger, sneaky anger, deliberate anger, and anger avoidance. The book also offers self-tests and management techniques that promote healthy and non-destructive expressions of anger.

#### Surprising Purpose of Anger by Marshall Rosenberg

- *Surprising Purpose* uses techniques from the Nonviolent Communication (NVC) process to help readers channel anger in a positive way. Rather than managing your anger by suppressing your feelings, *Surprising Purpose* shows you how to use anger to discover what you need, and then how to meet your needs in constructive ways.

#### What's Making You Angry by Marshall Rosenberg

- Using techniques from the Nonviolent Communication (NVC) process, *What's Making You Angry* teaches readers how to use anger as an emotion to help us discover what we need and value. It offers a step-by-step approach that successfully transforms anger into healthy, satisfying outcomes.

### **Family/Parenting Issues**

#### Houses of Healing by Robin Casarjian

- Focusing on incarcerated individuals, *Houses of Healing* deals directly with the root causes of crime, violence, and addiction to offer a practical approach to emotional growth. The book gives guidance in stress management, coping strategies, and forgiveness.

**An Adult Child's Guide to What's Normal by Friel & Friel**

- *An Adult Child's Guide to What's Normal* targets adults who have been raised in dysfunctional families but are now ready to live a healthy lifestyle. The book offers a practical guide to living a healthy lifestyle by demonstrating mature responses to difficult situations.

**Toxic Parents by Susan Forward**

- Drawing on real-life experiences, *Toxic Parents* helps adults who have grown up in dysfunctional families free themselves from the cycle of abuse. It guides individuals towards rediscovery and building self-confidence.

**Lost Fathers by Laraine Herring**

- *Lost Fathers* is a guide for adult women who, during adolescence, lost their fathers to death, divorce, or addiction. It addresses how adult behaviors and relationships can be shaped when one loses their father, focusing on issues of commitment, trust, intimacy, self-confidence, and independence.

**Parenting from Your Heart by Marshall Rosenberg**

- *Parenting from Your Heart* uses the Nonviolent Communication (NVC) process to teach parents how to foster trust and cooperation in their children. Parents learn how to make long lasting healthy connections and promote dialogue and understanding.

**Raising Children Compassionately by Marshall Rosenberg**

- *Raising Children* uses the Nonviolent Communication (NVC) process to create respectful and healthy family dynamics. It focuses on using compassion to build communication and work through conflicts.

**Respectful Parents, Respectful Kids by Marshall Rosenberg**

- Using the Nonviolent Communication (NVC) process, *Respectful Parents, Respectful Kids* encourages parents to move beyond typical discipline techniques to create an environment based on emotional safety and open communication. The outlined principles teach parents how to talk to their children without coercion and submission, making sure to avoid destructive language.

**Forgiveness**

**I Thought We'd Never Speak Again by Laura Davis**

- *I Thought We'd Never Speak Again* uses real-life experiences to tackle how to reconcile relationships that have been damaged by betrayal, anger, and misunderstanding. Making a crucial distinction between reconciliation and forgiveness, the book explains how people can make peace in relationships without necessarily forgiving past hurts. This book intends to teach readers how to mend troubled relationships and find peace.

#### Forgiveness Is a Choice by Robert Enright

- *Forgiveness Is a Choice* is a book for people who have been deeply hurt by others. It shows how forgiveness can reduce anxiety and depression while increasing self-esteem and hopefulness toward one's future.

#### Total Forgiveness by R.T. Kendall

- *Total Forgiveness* encourages readers to look within and root out resentment. This book uses Christian philosophies to teach forgiveness.

#### From Anger to Forgiveness by Earnie Larsen

- *From Anger to Forgiveness* lays out strategies for moving beyond resentment to forgiveness. The book teaches how to reclaim the power that anger has over us and reestablish relationships.

#### The Gift of Forgiveness by Charles Stanley

- *The Gift of Forgiveness* uses Christian philosophies to show that no sin is unforgivable. It encourages readers to seek and receive forgiveness.

#### Radical Forgiveness by Colin Tipping

- *Radical Forgiveness* gives step-by-step instructions on how to live a new life in the world through forgiveness. It teaches how to let go of painful events from the past using practical exercises and insights.

#### The Supernatural Power of Forgiveness by Vallotton & Vallotton

- Using personal stories, *The Supernatural Power of Forgiveness* incorporates Christian teachings to help readers find forgiveness. It aims to show how the hardest times and deepest pain of your life can lay the foundation for empowerment.

### **Healthy Self & Relationships**

#### Why Does He Do That? by Lundy Bancroft

- *Why Does He Do That?* aims to teach women about the early warning signs of abuse, nature of abusive thinking, and how they can get out of an abusive relationship. It also focuses on the role of drugs and alcohol in abuse and how to spot abusive personality types.

#### Codependent No More by Melody Beattie

- *Codependent No More* focuses on people who suffer from codependency—an excessive reliance on other people for approval and a sense of identity. This book teaches readers how to reclaim their lives for themselves through healing, hope, and happiness.

#### The New Codependency by Melody Beattie

- *The New Codependency* clears up misconceptions about codependency. It is about understanding the boundary between narcissism and self-love, enabling and nurturing, and controlling and setting boundaries. Each section offers an overview of activities pertaining to a particular behavior -- caretaking, controlling, manipulation, denial,

repression, etc. -- enabling readers to personalize their own step-by-step guide to wellness.

Personhood: The Art of Being Fully Human by Leo Buscaglia

- *Personhood* is about the continual striving for the actualization of every living thing. It is about weaving together a life of optimism, curiosity, hope and love.

Out of the Shadows: Understanding Sexual Addiction by Pat Carnes

- *Out of the Shadows* teaches readers how to identify signs of sex addiction. It explains the dynamics of sex and describes the consequences of sexual addiction and dependency. With practical exercises, it points individuals toward the path of recovery.

The Verbally Abusive Relationship by Patricia Evans

- Drawing on real-life experiences, *The Verbally Abusive Relationship* reveals the causes of abuse and how readers can mitigate the devastating effects of it in their relationships. The book outlines the levels of abuse that characterize this kind of behavior and how it can escalate to physical abuse.

Women Who Love Too Much by Robin Norwood

- *Women Who Love Too Much* outlines a practical program for women who find themselves constantly attracted to troubled, distant, and moody men. It explores why many people associate love with pain and introduces a 10-point recovery plan.

Overcoming Passive-Aggression by Oberlin & Murphy

- *Overcoming Passive-Aggression* provides an in-depth look into hidden anger. It showcases the real-life consequences of passive aggression and how it can strain relationships. In the end, the book offers exercises on how to end this behavior, but also how to avoid falling victim to other people's hidden anger.

Addiction to Love by Susan Peabody

- *Addiction to Love* focuses on love addiction-the obsessive need to be in a relationship even if toxic. The book explains the variety of ways this disorder plays out, and how to create a loving, safe, and fulfilling relationship.

Courage to Be Yourself by Sue Patton Thoele

- *Courage to Be Yourself* is geared towards women who often find themselves meeting the wants of others at the expense of their own needs. The book provides tools to help readers learn to set boundaries, change self-defeating behavior patterns, communicate effectively, and become a loving friend to themselves.

## **Sexual & Gendered Violence**

Courage to Heal: Women Survivors of Sexual Abuse by Ellen Bass

- *The Courage to Heal* offers a guide to healing for women that have been sexually abused. The book includes a multitude of real-life stories, research on trauma, and practical suggestions to support women who have been abused.



Male Brain: A Breakthrough Understanding of How Men & Boys Think by Louann Brizendine

- *The Male Brain* uses clinical research to describe the lifespan of a man's brain. Readers will learn why it is what young boys seem unable to stay still, why behaviors may change so suddenly during puberty, the nature of irritability in teens, and the ways in which chemicals, physical touch, and play impact adolescent development.

Men Who Rape by Nicholas Groth

- *Men Who Rape* presents a comprehensive profile of sexual offenders with extensive information on counseling, prevention, and treatment.

Healing Violent Men: A Model for Christian Communities by David Livingston

- *Healing Violent Men* explores the role of religion in preventing domestic violence. It uses Christian philosophies to highlight the virtues of reconciliation and forgiveness.

Understanding Sexual Violence by Diana Scully

- *Understanding Sexual Violence* examines how society can structurally support rape and dispels a number of myths about sexual violence--for example, that childhood abuse, alcohol, and drugs are direct causes of rape.

Road to Freedom by John Morin & Jill Levenson

- *The Road to Freedom* is a comprehensive workbook that covers the components of treatment for sexual offending and deviant sexual behavior. Chapters include numerous exercises and cover topics such as understanding and managing behavior, victim impact, and relapse prevention.

## **Mindfulness**

Peace Is Every Step by Thich Nhat Hanh

- *Peace Is Every Step World* shows readers how to make positive use of the situations that usually pressure and antagonize us. Everyday moments like dirty dishes, red lights, and traffic jams become opportunities for mindfulness. *Peace Is Every Step* contains meditations and personal stories to guide the process.

The Miracle of Mindfulness by Thich Nhat Hanh

- *The Miracle of Mindfulness* offers practical exercises to learn the skills of mindfulness--being awake and fully aware. The book teaches that each moment holds an opportunity to work towards greater self-understanding and peacefulness.

The Heart of the Buddha's Teaching by Thich Nhat Hanh

- *The Heart of the Buddha's Teaching* introduces the core teachings of Buddhism and shows readers that Buddha's teachings are accessible and applicable to our daily lives.

#### You Are Here by Thich Nhat Hanh

- *You Are Here* offers a range of simple, effective practices for cultivating mindfulness through walking, deep listening, and speech. The book also offers guidance on healing emotional pain and manifesting love in our relationships with others.

#### Reconciliation by Thich Nhat Hanh

- *Reconciliation* offers specific practices designed to bring healing to people suffering from childhood trauma. The book focuses on using meditations to acknowledge and transform the hurt that many of us experienced as children. *Reconciliation* shows how anger, sadness, and fear can become joy and tranquility by learning to speak about our strong emotions.

#### Be Free Where You Are by Thich Nhat Hanh

- Based on a talk given at a prison, *Be Free Where You Are* shows how mindfulness can cultivate freedom no matter where you are.

#### Being Peace by Thich Nhat Hanh

- *Being Peace* is filled with practical suggestions on how to create a more peaceful world. It contains key practices, including a guide to the practice of reconciliation which acts as a peacemaking tool.

#### Taming the Tiger Within by Thich Nhat Hanh

- *Taming the Tiger Within* is a handbook of meditations, analogies, and reflections that offer practical techniques for diffusing anger and converting fear into love and bringing harmony and healing to one's life and relationships.

#### Autobiography of a Yogi by Paramahansa Yogananda

- *Autobiography of a Yogi* is an introduction to the ancient science of Yoga and the tradition of meditation. Paramahansa Yogananda tells the story of his life and ordinary events of life that connect to the extraordinary.

#### Talks and Essays by Paramahansa Yogananda

- *Talks and Essays* shows readers how they can meet the daily challenges of their well-being by awakening their divine nature. The practical, how-to-live talks in this volume show how each of us can discover new resources present within our souls, and bring greater harmony to ourselves, our families, our communities, our world.

#### Inner Peace by Paramahansa Yogananda

- The teachings of *Inner Peace* shows readers how to overcome fear, worry, anger, nervousness, and moodiness by staying calm and actively focused, no matter what is going on around you. This book empowers readers to transform the busy-ness and stress of their lives into happiness and peace.

#### Living Fearlessly by Paramahansa Yogananda

- *Living Fearlessly* teaches readers how to break the shackles of fear and overcome psychological barriers. Filled with practical tips and techniques, it guides readers to have faith in themselves.

Where There Is Light by Paramahansa Yogananda

- *Where There Is Light* is a handbook that offers insight and inspiration for daily life. Topics include finding wisdom and strength to make life's decisions; the antidote for stress, worry, and fear; transforming our failures into successes; security in an uncertain world; perfecting human relationships; the power of affirmation and prayer; understanding death; developing a personal relationship with God.

**Nonviolent Communication**

Nonviolent Communication by Marshall Rosenberg

- *Nonviolent Communication* offers practical skills to think and speak in ways that resolve conflicts, internal pain, and violence.

Being Genuine by Marshall Rosenberg

- In *Being Genuine*, readers will learn practical skills to express their feelings and wants without force. Topics include ideas and advice on how to identify feelings and needs without blaming others, honest and respectful self-expression, facing conflict with ease, and finding balance by staying connected to basic needs.

Being Me, Loving You by Marshall Rosenberg

- *Being Me, Loving You* uses the Nonviolent Communication (NVC) process to teach readers how to express themselves honestly to their partners, friends, and family.

Connecting Across Differences by Marshall Rosenberg

- *Connecting Across Differences* offers an introduction to the Nonviolent Communication process. The book features a selection of meaningful exercises, role-plays, and activities that give readers the chance to apply the concepts to real-life experiences. It teaches effective communication skills that get to the root of conflict, pain, and violence peacefully.

Getting Past the Pain Between Us by Marshall Rosenberg

- *Getting Past the Pain Between Us* uses the Nonviolent Communication (NVC) process to transform emotional pain, depression, shame, and conflict into empowering connections. Rosenberg shares that behind all emotional pain are unmet needs. The book provides simple steps to practice reconciliation and honest communication.

Graduating from Guilt by Marshall Rosenberg

- *Graduating from Guilt* provides individuals with the means to quiet their inner critic and experience forgiveness, self-acceptance, and empowerment. Employing the Nonviolent Communication (NVC) process, *Graduating from Guilt* employs real-world situations enable individuals to realize they can forgive themselves for past mistakes and successfully mend broken relationships.

Model for Nonviolent Communication by Marshall Rosenberg

- *Model for Nonviolent Communication* describes the skills necessary to offer and receive empowering evaluations. Empowering evaluations express: What we are observing, What we are feeling, What we are valuing, What we are requesting.

Peaceful Living by Marshall Rosenberg

- *Peaceful Living* includes 366 meditations that are designed to move readers away from turmoil, strife, and divisiveness to peace, resolution, and cooperation. The learned behaviors of cynicism, resentment, and getting even are replaced with the skills of Nonviolent Communication, including recognizing one's needs and values and making choices in alignment with them.

Speak Peace in a World of Conflict by Marshall Rosenberg

- *Speaking Peace in a World of Conflict* teaches readers how to reduce violence by developing nonviolent communication skills. The book focuses on internal consciousness as the first step towards personal, professional, and social change.

Urban Empathy by Marshall Rosenberg

- *Urban Empathy*, is a series of real-life stories where people make use of the Nonviolent Communication process in New York. It showcases how to use healthy communication skills in day to day life.

## **Gang Involvement**

It Calls You Back: An Odyssey through Love, Addiction, Revolutions, and Healing by Luis Rodriguez

- *It Calls You Back* offers a story of redemption where a gang member from East Los Angeles made a turn toward social justice and family. He joined a gang at eleven years old to fill a need to feel power and respect. This book addresses gang involvement, addiction, and the reasons that lead people to these places.

Always Running: La Vida Loca: Gang Days in L.A. by Luis Rodriguez

- *Always Running: La Vida Loca* is a story of a gang member surviving in the streets of East Los Angeles. He was lured by the seemingly invincible gang culture, but his fear increased as the gang life claimed the lives of friends and family. Eventually, Rodriguez saw education and the power of words as his way out of gang life, and he successfully broke free from years of violence and desperation.

Tattoos on the Heart: The Power of Boundless Compassion by Gregory Boyle

- *Tattoos on the Heart* is a series of meditations from Gregory Boyle, a priest who started Homeboy Industries, the largest gang intervention program in the country. In this book, Boyle reflects on his two decades serving as a Jesuit priest in Los Angeles County and on the challenges that lead young people to violence as well as the moments of love, humor, and spirituality that offer hope and redemption.

#### A Place to Stand by Jimmy Santiago Baca

- *A Place to Stand* is a memoir of Santiago Baca's childhood, bouncing from orphanages and detention centers, serving as a drug dealer in San Diego and Arizona, and his extraordinary personal transformation while incarcerated. This book offers a look into the life of someone who took extreme measures in his struggle to survive, both on the streets and while incarcerated, and paints a vivid picture of the spirit to overcome some of the most brutal adversity.

#### Writing My Wrongs: Life, Death, and Redemption in an American Prison by Shaka Senghor

- *Writing My Wrongs* is a memoir of a Shaka Senghor who reinvented himself while incarcerated, giving himself the tools of literature, meditation, self-examination, forgiveness of those who hurt him, and atoning for his wrongs. This book is a portrait of life in the face of poverty, violence, fear, and Senghor's transformation.

#### **Substance Abuse**

##### Staying Sober, Terence Gorski et al

- *Staying Sober* explains addictive diseases, Post Acute Withdrawal (PAW), recovery and partial recovery, mistaken beliefs about recovery and relapse, the relapse process, relapse prevention therapy, and the role of family involvement and relapse prevention support groups. Chapters are organized to follow the recovery education process so each one can be used as a reading assignment to reinforce material covered in sessions.

##### Understanding the 12 Steps, Terence Gorski et al

- *Understanding 12 steps* is a practical guide to take the mystery out of the Twelve Steps. It presents a straightforward explanation of what each step means, as well as examples of how it translates to real life.