

Rachel Ames Reading/Listening List

Date	<u>Audio Book</u>	Author	Rating
12/2016	<u>Algorithms to Live by</u>	Brian Christian, Tom Griffiths	4.5
11/2016	<u>Born a Crime</u>	Trevor Noah	5
10/2016	<u>Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World</u>	Rosalind Wiseman	4.5
08/2016	<u>The Dyslexic Advantage</u>	Brock I. Eide, Fernette L. Eide	4
6/2016	<u>Grit: The Power of Passion and Perseverance</u>	Angela Duckworth	4.5
5/2016	<u>Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood</u>	Lisa Damour	5
3/2016	<u>Find a Way</u>	Diana Nyad	5
1/2016	<u>Black Flags, The Rise of ISIS</u>	Joby Warrick	
01/2016	<u>Islam and the Future of Tolerance</u>	Sam Harris, Maajid Nawaz	5
12/2015	<u>Training on Empty: A Frank Memoir of an Elite Runner Who Nearly Perished From Anorexia</u> (print edition)	Lize Brittin	5
11/2015	<u>The Girl in the Spider's Web: A Lisbeth Salander Novel - Millennium Series, Book</u>	David Lagercrantz	5
11/2015	<u>Between the World and Me</u>	Ta-Nehisi Coates	5
09/2015	<u>Just Like Us: The True Story of Four Mexican Girls Coming of Age in America</u>	Helen Thorpe	1
09/2015	<u>Black Man in a White Coat</u>	Damon Tweedy	5
08/2015	<u>The Life-Changing Magic of Tidying Up</u>	Marie Kondo	5
08/2015	<u>Fast Food Nation</u>	Eric Schlosser	1

07/2015	<u>Headhunters on My Doorstep</u>	J. Maarten Troost	3
07/2015	<u>Sapiens: A Brief History of Humankind</u>	Yuval Noah Harari	5
06/2015	<u>Rowing the Atlantic: Lessons Learned on the Open Ocean</u>	Roz Savage	4.5
05/2015	<u>The Immortal Life of Henrietta Lacks</u>	Rebecca Skloot	
04/2015	<u>Missoula: Rape and the Justice System in a College Town</u>	Jon Krakauer	4.5
04/2015	<u>Deep Down Dark: The Untold Stories of 33 Men Buried in a Chilean Mine, and the Miracle That Set Them Free</u>	Héctor Tobar	5
03/2015	<u>Yo</u>	Ricky Martin	4
02/2015	<u>A Cup of Water Under My Bed: A Memoir</u>	Daisy Hernandez	4
12/2014	<u>There Was a Little Girl: The Real Story of My Mother and Me</u>	Brooke Shields	4
10/2014	<u>SuperFreakonomics</u>	Steven D. Levitt, Stephen J. Dubner	3
9/2014	<u>Orange is the New Black: My Year in a Women's Prison</u>	Piper Kerman	5
6/2014	<u>The Signal and the Noise: Why So Many Predictions Fail - but Some Don't</u>	Nate Silver	3.5
5/2014	<u>All Joy and No Fun</u>	Jennifer Senior	5
4/2014	<u>Stop Drifting, Start Rowing</u>	Roz Savage	5
3/2014	<u>How We Learn</u> <u>View Series</u>	The Great Courses	5
2/2014	<u>What Shamu Taught Me about Life, Love, and Marriage</u>	Amy Sutherland	3.5
1/2014	<u>Don't Let's Go to the Dogs Tonight: An African Childhood</u>	Alexandra Fuller	4
1/2014	<u>Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping</u>	Robert Sapolsky	5

12/2013	<u>A Primate's Memoir: A Neuroscientist's Unconventional Life Among the Baboons</u>	Robert Sapolsky	4
10/2013	<u>I am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban</u>	Malala Yousafzai	5
9/2013	<u>Nurture Shock</u>	Po Bronson, Ashley Merryman	5
8/2013	<u>Outsider: A Memoir</u>	Jimmy Connors	4
8/2013	<u>Wild: From Lost to Found on the Pacific Crest Trail</u>	Cheryl Strayed	4.5
7/2013	<u>Endurance: Shackleton's Incredible Voyage</u>	Alfred Lansing	5
6/2013	<u>Bossy Pants</u>	Tina Fey	4
6/2013	<u>Eleven Rings: The Soul of Success</u>	Phil Jackson, Hugh Delehanty	5
5/2013	<u>Lean In</u>	Sheryl Sandberg	5
3/2013	<u>The Vatican Diaries: A Behind-the-Scenes Look at the Power, Personalities, and Politics at the Heart of the Catholic Church</u>	John Thavis	2
2/2013	<u>Alone Together: Why We Expect More from Technology and Less from Each Other</u>	Sherry Turkle	1 (didn't finish)
2/2013	<u>Stories I Only Tell My Friends</u>	Rob Lowe	5
1/2013	<u>Dreaming in Chinese</u>	Deborah Fallows	4
1/2013	<u>The Blue Sweater: Bridging the Gap between Rich and Poor in an Interconnected World</u>	Jacqueline Novogratz	3.5
12/2012	<u>Boomerang</u>	Michael Lewis	2
11/2012	<u>The Big Short</u>	Michael Lewis	4
8/2012	<u>Open</u>	Andre Agassi	5
7/2012	<u>Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President</u>	Candice Millard	4

7/2012	<u>The River of Doubt: Theodore Roosevelt's Darkest Journey</u>	Candice Millard	4.5
6/2012	<u>The Honest Truth About Dishonesty</u>	Dan Ariely	3.5
5/2012	<u>Made to Stick</u>	Chip and Dan Heath	4.5
4/2012	<u>Switch: How to Change when Change is Hard</u>	Chip and Dan Heath	5
3/2012	<u>My Stroke of Insight</u>	Jill Bolte Taylor	3
1/2012	<u>Thinking Fast and Slow</u>	Daniel Kahneman	5
12/2012	<u>Steve Jobs</u>	Walter Isaacson	4
11/2011	<u>The Marriage Plan</u>	Jeffrey Eugenides	3
10/2011	<u>Into Thin Air</u>	Jon Krakauer	4.5
8/2011	<u>Incognito</u>	David Eagleman	4
8/2011	<u>Where Men Win Glory</u>	Jon Krakauer	4.5
7/2011	<u>Infidel</u>	Ayaan Hirsi Ali	5
6/2011	<u>The Wave</u>	Susan Casey	4.5
6/2011	<u>The Filter Bubble</u>	Eli Pariser	3.5
5/2011	<u>Three Cups of Deceit</u>	Jon Krakauer	5
4/2011	<u>Irrationality</u>	Stuart Sutherland	5
12/2010	<u>Middlemarch</u>	George Eliot	5
10/2010	<u>The Upside of Irrationality</u>	Dan Ariely	4
11/2010	<u>Predictable Irrational</u>	Dan Ariely	5
12/2010	<u>The Invisible Gorilla</u>	Christopher Chabris, Daniel Simon	5
10/2010	<u>Loving Frank</u>	Nancy Horan	5
10/2010	<u>Squirrel Seeks Chipmunk</u>	David Sedaris	1

10/2010	<u>The Moral Landscape</u>	Sam Harris	5
9/2010	<u>Una Nueva Tierra</u>	Eckhart Tolle	4.5
9/2010	<u>Stillness Speaks</u>	Eckhart Tolle	3
9/2010	<u>Star Island</u>	Carl Hiaasen	3
8/2010	<u>Hotel on the Corner of Bitter and Sweet</u>	Jamie Ford	4.5
7/2010	<u>Barrel Fever and Other Stories</u>	David Sedaris	4
7/2010	<u>David Sedaris: Live for Your Listening Pleasure</u>	David Sedaris	5
6/2010	<u>The Eckart Tolle Audio Collection</u>	Eckhart Tolle	5
6/2010	<u>The Girl Who Kicked the Hornet's Nest</u>	Steig Larssen	5
5/2010	<u>The Help</u>	Kathryn Stockett	4.5
4/2010	<u>The New Earth</u>	Eckert Tolle	5
3/2010	<u>The Journey Into Yourself</u>	Eckert Tolle	5
3/2010	<u>Stones Into Schools</u> (* turns out to be fiction)	Greg Mortenson	4*
2/2010	<u>Born to Run</u>	Christopher McDougal	5
1/2010	<u>Spiritual Liberation</u>	Michael Bernard Beckwith	4
12/2009	<u>The Geography of Bliss</u>	Eric Weiner	5
12/2009	<u>What the Dog Saw</u>	Malcolm Gladwell	5
10/2009	<u>The Girl who Played with Fire</u>	Steig Larssen	5
10/2009	<u>The Secret</u>	Rhonda Byrne	4
9/2009	<u>The Biology of Belief</u>	Bruce Lipton	4
09/2009	<u>The Astonishing Power of Emotions</u>	Esther Hicks and Jerry Hicks	4
8/2009	<u>Joyful Wisdom</u>	Yongey Mingyur, Eric Swanson	5
07/2009	<u>The Brain That Changes Itself</u>	Norman Doidge	5
07/2009	<u>In the Presence of a Great Mystery</u>	Eckhart Tolle	5
07/2009	<u>The Power is Within You</u>	Louise L. Hay	5
07/2009	<u>The Big Bamboo</u>	Tim Dorsey	1

06/2009	<u>The Poisonwood Bible</u>	Barbara Kingsolver	3
05/2009	<u>The Tipping Point</u>	Malcolm Gladwell	3
05/2009	<u>Outliers</u>	Malcolm Gladwell	5
04/2009	<u>Free Yourself from Depression</u>	Colin Sutherland, Margaret Sutherland	4
03/2009	<u>Double Whammy</u>	Carl Hiaasen	3
02/2009	<u>The Guernsey Literary and Potato Peel Pie Society</u>	Mary Ann Shaffer, Annie Barrows	5
02/2009	<u>Animals Make Us Human</u>	Temple Grandin	4.5
01/2009	<u>Run</u>	Ann Patchett	2
12/2008	<u>The Girl with the Dragon Tattoo</u>	Steig Larssen	5
11/2008	<u>Native Tongue</u>	Carl Hiaasen	3
11/2008	<u>Me Talk Pretty One Day</u>	David Sedaris	5
10/2008	<u>Dress Your Family in Corduroy and Denim</u>	David Sedaris	4
10/2008	<u>What I Talk about When I Talk about Running</u>	Haruki Murakami	5
10/2008	<u>Change We Can Believe In</u>	Barack Obama	2
09/2008	<u>The Memory of Running</u>	Ron McLarty	4
09/2008	<u>The Last Lecture</u>	Randy Pausch, Jeffrey Zaslow	4
08/2008	<u>Getting Stoned with the Savages</u>	J. Maarten Troost	3
08/2008	<u>The Sex Lives of Cannibals</u>	J. Maarten Troost	4
07/2008	<u>Lost on Planet China</u>	J. Maarten Troost	5
07/2008	<u>Skin Tight</u>	Carl Hiaasen	3
06/2008	<u>Skinny Dip</u>	Carl Hiaasen	4
06/2008	<u>When You Are Engulfed in Flames</u>	David Sedaris	4
05/2008	<u>The Friday Night Knitting Club</u>	Kate Jacobs	3
04/2008	<u>Angela's Ashes</u>	Frank McCourt	3
03/2008	<u>I'm a Stranger Here Myself</u>	Bill Bryson	4
02/2008	<u>The Rainmaker</u>	John Grisham	3

01/2008	<u>The Omnivore's Dilemma</u>	Michael Pollan	4
11/2007	<u>The Thirteenth Tale</u>	Diane Setterfield	4
11/2007	<u>Into the Wild</u>	Jon Krakauer	4
10/2007	<u>The Brief Wondrous Life of Oscar Wao</u>	Junot Diaz	3
09/2007	<u>Water for Elephants</u>	Sara Gruen	4
08/2007	<u>A Thousand Splendid Suns</u>	Khaled Hosseini	5
04/2007	<u>Hidden River</u>	Adrian McKinty	3
02/2007	<u>Restless</u>	William Boyd	4
02/2007	<u>The History of Love</u>	Nicole Krauss	3
12/2006	<u>The Memory Keeper's Daughter</u>	Kim Edwards	3
10/2006	<u>The Origin of Species</u>	Charles Darwin	2
10/2006	<u>A Walk in the Woods</u>	Bill Bryson	4
07/2006	<u>The Glass Castle</u>	Jeanette Walls	3
05/2006	<u>Freakonomics</u>	Steven D. Levitt and Stephen J. Dubner	3
5/2006	<u>Marley and Me</u>	John Grogan	4
4/2006	<u>On Intelligence</u>	Jeff Hawkins, Sarah Blakeslee	4
3/2006	<u>Penguin Island (Did not finish)</u>	Anatoli France	0
2/2006	<u>Animals in Translation</u>	Temple Grandin	5
1/2005	<u>What Remains</u>	Carole Radziwill	4
1/2005	<u>Brokeback Mountain</u>	Annie Proulx	5
12/2005	<u>Memoirs of a Geisha</u>	Arthur Golden	4
11/2005	<u>The Time Traveler's Wife</u>	Audrey Niffenager	5
10/2005	<u>Blink</u>	Malcom Gladwell	4
9/03	<u>The Curious Incident of the Dog in the Night-time</u>	Mark Haddon	5
8/2005	<u>My Sister's Keeper</u>	Ann Picoult	3
7/2005	<u>The World is Flat</u>	Thomas L. Friedman	4

5/2005	<u>A Short History of Nearly Everything</u>	Bill Bryson	4
4/2005	<u>Da Vinci Code</u>	Dan Brown	4
3/2005	<u>The Kite Runner</u>	Khalid Hosseini	5
02/2005	<u>Under the Banner of Heaven</u>	Jon Krakauer	3
2/2005	<u>Bless Me, Ultima</u>	Rudolfo Anaya	3
01/2005	<u>Sleeping with the Devil</u>	Robert Baer	?
12/2004	<u>The Secret Life of Bees</u>	Sue Monk Kidd	4
11/2004	<u>Tuesdays with Morrie</u>	Mitch Albom	5
10/2004	<u>Reading Lolita in Tehran</u>	Azar Nafisi	5
09/2004	<u>Middlesex</u>	Jeffrey Eugenides	5
09/2004	<u>Siddhartha</u>	Herman Hesse	5
08/2004	<u>The Crisis of Islam</u>	Bernard Lewis	4
07/2004	<u>Candide</u>	Voltaire	2
06/2004	<u>Plan of Attack</u>	Bob Woodward	3
06/2004	<u>Angels and Demons</u>	Dan Brown	5
05/2004	<u>Life Strategies</u>	Phillip C. McGraw	4
04/2004	<u>The Lexus and the Olive Tree</u>	Thomas L. Friedman	4
04/2004	<u>Dr. Phil Getting Real</u>	Dr. Phil McGraw	4
03/2004	<u>Seabiscuit</u>	Laura Hillenbrand	3
03/2004	<u>Life of Pi</u>	Yann Martel	3

I've read the following books in print

Date	<u>Book</u>	Author	Rating
6/2008	<u>The Drama of the Gifted Child</u>	Alice Miller	3
8/2008	<u>Waking the Tiger</u>	Peter Levine	5
10/2008	<u>The Body Bears the Burden</u>	Robert Scaer	5
1/2009	<u>The Highly Sensitive Person</u>	Elaine Aron	5
3/2009	<u>Animal Dreams</u>	Barbara Kingsolver	3
3/2009	<u>Take Off Your Glasses and See</u>	Jacob Liberman	2

9/2009	<u>Mending the Past and Healing the Future with Soul Retrieval</u>	Alberto Villoldo	4
10/2009	<u>Marry Yourself First</u>	Ken Donaldson	4
10/2009	<u>Your Self Behind the Symptoms</u>	Judith Hendin	5
11/2009	<u>Drawing on the Right Side of the Brain</u>	Betty Edwards	5
12/2009	<u>The Energetics of Voice Dialogue</u>	Robert Stamboliev	4
1/2010	<u>Embracing Our Selves</u>	Hal and Sidra Stone	5
3/2010	<u>The Joy of Living</u>	Yongey Mingyur, Eric Swanson	5
4/2010	<u>The Divided Mind</u>	John Sarno	4
5/2010	<u>The BodyMind Prescription</u>	John Sarno	5
5/2010	<u>The Evolution on Consciousness</u>	Robert Ornstein	4 (didn't finish)
6/2010	<u>Meditation Made Easy</u>	Lorin Roche	5
6/2010	<u>Make Work Work for the Highly Sensitive Person</u>	Berrie Jaeger	4
11/2010	<u>Everything You Need to Know About Lyme Disease and Other Tick-Borne Disorders</u>	Karen Vanderhoof-Forschner	1
11/2010	<u>Coping with Lyme Disease: A Practical Guide to Dealing with Diagnosis and Treatment</u>	Denise Lang	1