



READ | WATCH | LISTEN LIST

READ LIST

I. GRAPHIC NOVELS/COMICS

BOOK	AUTHOR
<ul style="list-style-type: none"> • <u>Hyperbole and a Half</u> • <u>Skim</u> • <u>Maus: A Survivor's Tale</u> • <u>Sapiens: A Graphic History</u> • <u>Speak</u> 	<ul style="list-style-type: none"> • Allie Brosh • Mariko Tamaki • Art Spiegelman • Yuval Noah Harari • Laurie Halse Anderson

II. ACADEMIC/ NON-FICTION

BOOK	AUTHOR
<ul style="list-style-type: none"> • <u>Freakonomics</u>. Economics • <u>All the Light We Cannot See</u>. (History/Politics) • <u>The Radium Girls</u>. History/Science • <u>The Man Who Mistook His Wife for a Hat and Other Clinical Tales</u> Psychology • <u>Ants Among Elephants</u> Social Science 	<ul style="list-style-type: none"> • Steven D. Levitt, Stephen J. Dubner • Anthony Doerr • Kate Moore • Oliver Sacks • Sujatha Gilda

III. NOT-SO-TYPICAL SELF-HELP

BOOK	AUTHOR
<ul style="list-style-type: none"> • <u>The Alchemist</u> • <u>The Opposite of Loneliness</u> • <u>The Five People You Meet in Heaven</u> • <u>You Don't Have to Like Me</u> 	<ul style="list-style-type: none"> • Paulo Coelho • Marina Keegan • Mitch Albom • Alida Nugent



IV. YOUNG ADULT FICTION

BOOK	AUTHOR
<ul style="list-style-type: none"> • <u>The Perks of Being a Wallflower</u> • <u>The Hate U Give</u> • <u>Radio Silence</u> • <u>A Thousand Splendid Suns</u> • <u>Wonder</u> • <u>Simon vs The Homo Sapien Agenda</u> • <u>The Palace of Illusions</u> • <u>Flawed</u> 	<ul style="list-style-type: none"> • Stephen Chbosky • Angie Thomas • Alice Oseman • Khaled Hosseini • R.J. Palacio • Becky Albertalli • Chitra Banerjee • Cecelia Ahern

V. PRINT & ONLINE PUBLICATIONS

- The New Yorker
- The Economist
- The New York Times
- National Geographic
- Time Magazine
- The Atlantic
- Scientific American
- Wired
- InShorts Mobile Application
- The Guardian



WATCH & LISTEN LIST

I. PODCASTS (ALL AVAILABLE ON SPOTIFY):

- Sidenote by AsapSCIENCE
- Philosophize This! by Stephen West
- Science Vs Gimlet
- The Happiness Lab with Dr. Laurie Santos (a must listen! There's also a free course on Coursera offered by this Yale professor and it's absolutely fascinating no matter where your interests lie)

II. YOUTUBE CHANNELS:

- CrashCourse
- UnErase Poetry
- The School of Life ([Here's](#) a video to get started)
- [Kurzgesagt— In a Nutshell](#)
- [Glad You Asked S1](#) by Vox

III. TED TALKS AND TED-ED VIDEOS

- [Who was the world's first author?](#)
- [History vs. Sigmund Freud](#)
- [The unexpected math behind Van Gogh's "Starry Night"](#)
- [Inside the mind of a master procrastinator](#)
- [What is so special about the human brain?](#)
- [10 ways to have a better conversation](#)
- [How to make stress your friend](#)
- [I'm 17](#)
- [The new bionics that let us run, climb and dance](#)

IV. ONLINE COURSES:

- McMaster University
"Learning How to Learn: Powerful Mental Tools to Help You Master Tough Subjects"
<https://www.coursera.org/learn/learning-how-to-learn#syllabus>
- University of Michigan
"The Science of Success: What Researchers Know that You Should Know"
<https://www.coursera.org/learn/success>