

PARENTS READING LIST

GROWING LEADERS
POWERED BY MAXWELL LEADERSHIP FOUNDATION

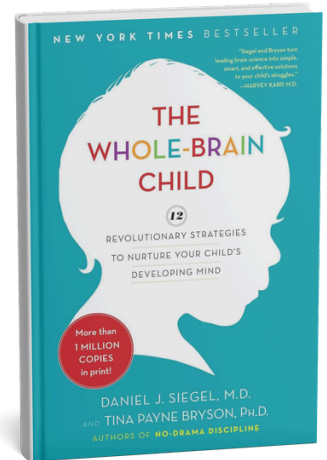
NON-FICTION

1. The Whole-Brain Child Workbook

by Daniel J. Siegel & Tina Payne Bryson (2017)

Summary:

This companion workbook builds on the ideas introduced in The Whole-Brain Child by providing activities and exercises parents can use at home. It explains how different parts of the brain develop and how parents can support healthy emotional and cognitive growth. Through interactive examples, families learn strategies that encourage communication, understanding, and emotional balance.



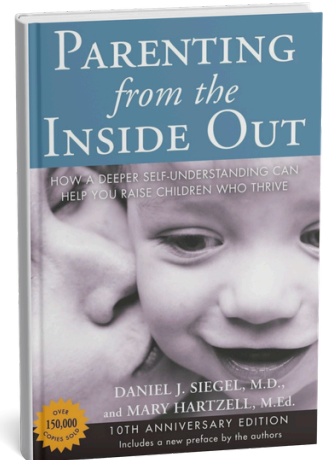
NON-FICTION

2. Parenting from the Inside Out

by Daniel J. Siegel & Mary Hartzell (2003)

Summary:

The authors encourage parents to explore how their own childhood experiences influence their parenting styles. By reflecting on personal history and emotional responses, parents gain a deeper understanding of how to build secure and supportive relationships with their children. The book blends psychology and practical advice to help families strengthen connection and communication.



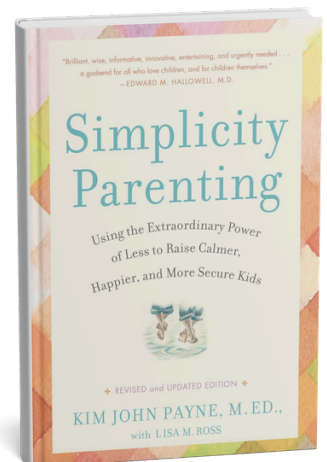
NON-FICTION

3. Simplicity Parenting

by Kim John Payne (2009)

Summary:

This book examines how modern family life can sometimes become overly busy and stressful for children. Payne suggests practical ways families can simplify schedules, environments, and routines in order to create calmer and more balanced homes. Through examples and guidance, the book shows how reducing unnecessary pressures can support children's well-being and development.



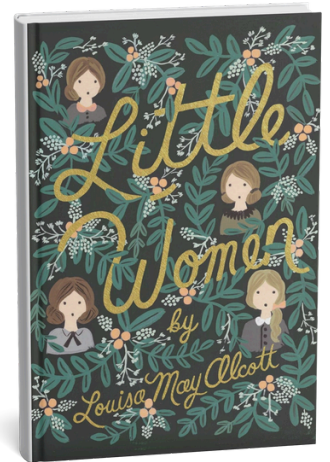
FICTION

5. Little Women

by Louisa May Alcott (1868)

Summary:

This classic novel follows the four March sisters as they grow up together during the Civil War era. Each sister pursues her own dreams while navigating family life, friendships, and personal challenges. Through their experiences, the story portrays the importance of perseverance, compassion, and strong family bonds.



HIDDEN GEM SELECTION

4. Angle of Repose

by Wallace Stegner (1971)

Summary:

A historian researching his family's past uncovers the story of his grandparents, who traveled across the American West in the nineteenth century. As he studies their letters and journals, he learns about the struggles and hopes that shaped their lives together. The novel weaves past and present to explore family history and perseverance.

