

TONYA H. CORNILEUS YOUR AHA! LIFE READING LIST

As of January 2024

	TITLE	AUTHOR
1.	8 Keys to Building Your Best Relationships <i>A book about building healthy, stable relationships. First published in 2013.</i>	Daniel Hughes
2.	AWE: The New Science of Everyday Wonder and How it Can Transform Your Life <i>A science-based look at how cultivating more awe can lead to a happier and more fulfilling life.</i>	Dacher Keltner
3.	Educated: A Memoir <i>I met Tara in 2023. This book is her memoir about how she overcame a strict, survivalist Mormon upbringing to go to college and the importance of education in expanding her world.</i>	Tara Westover
4.	Hello Beautiful <i>I didn't finish this in 2023. A tale of love, family, and sisterhood.</i>	Ann Napolitano
5.	Hidden Potential: The Science of Achieving Greater Things <i>This book is about how anyone can rise to achieve greater things. Hidden Potential offers a new framework for raising aspirations and exceeding expectations.</i>	Adam Grant
6.	IN AWE: Rediscover Your Childlike Wonder to Unleash Inspiration, Meaning, and Joy <i>Identifies five senses children innately possess and that we've lost touch with as we age. How we can reclaim our childlike joy.</i>	John O'Leary
7.	Poverty, By America <i>One of Barack Obama's favorite reads in 2023. Analyzes the sociological roots of poverty in the United States</i>	Matthew Desmond
8.	Right Thing, Right Now: Justice in an Unjust World <i>One of my favorite authors! The third of 4 books in The Stoic Virtues Series. This one is on the necessity of doing what's right – even when it isn't easy.</i>	Ryan Holiday
9.	Set Boundaries, Find Peace: A Guide to Reclaiming Yourself <i>I received this book from my friend Marianne. Presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life.</i>	Nedra Glover Tawwab
10.	Strangers to Ourselves: Discovering the Adaptive Unconscious <i>This book feels quite dense to me, but I quote from it, so I thought I should at least try to read it. introduces us to a hidden mental world</i>	Timothy D. Wilson

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	<i>of judgments, feelings, and motives that introspection may never show us. Originally published in 2002.</i>	
11.	The Covenant of Water <i>It's a bestseller that has received lots of praise. An epic story about a family curse – three generations in South India.</i>	Abraham Verghese
12.	The Kite Runner <i>I want to know this beloved author. Tells the extraordinary story of an unlikely friendship between a wealthy Afghan boy, named Amir, and Hassan, the son of his father's servant – who he later finds out, after Hassan's death, has always been his half-brother.</i>	Khaled Hosseini

Still on my list to read or finish reading from 2023 are:

13. Eleanor: A Life by David Michaelis
14. Finding Me by Viola Davis
15. Frederick Douglass: Prophet of Freedom by David W. Blight (in progress)
16. Inciting Joy: Essays by Ross Gay
17. The Dawn of Everything: A New History of Humanity by David Graeber and David Wengrow
18. The Light We Carry by Michelle Obama