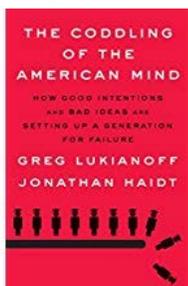




## RCSD Superintendent Dr. Eric Byrne's Recommended Reading List Summer 2019

### ***The Coddling of the American Mind: How Good Intentions and Bad Ideas are Setting Up a Generation for Failure***

By Greg Lukianoff and Jonathan Haidt



A *New York Times* Notable Book, Bloomberg Best Book of 2018. Something has been going wrong on many college campuses in the last few years. Speakers are shouted down. Students and professors say they are walking on eggshells and are afraid to speak honestly. Rates of anxiety, depression, and suicide are rising—on campus as well as nationally. How did this happen?

First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education: *What doesn't kill you makes you weaker*; *always trust your feelings*; and *life is a battle between good people and evil people*. These three Great Untruths contradict basic psychological principles about well-being and ancient wisdom from many cultures. Embracing these untruths—and the resulting culture of “safetyism”—interferes with young people’s social, emotional, and intellectual development. It makes it harder for them to become autonomous adults who are able to navigate the bumpy road of life.

Lukianoff and Haidt investigate the many social trends that have intersected to promote the spread of these untruths. They explore changes in childhood such as the rise of fearful parenting, the decline of unsupervised, child-directed play, and the new world of social media that has engulfed teenagers in the last decade. They examine changes on campus, including the corporatization of universities and the emergence of new ideas about identity and justice. They situate the conflicts on campus within the context of America’s rapidly rising political polarization and dysfunction.

This is a book for anyone who has children, is confused by what is happening on college campuses today, or is concerned about the growing inability of Americans to live, work, and cooperate across party lines.

**Dr. Eric Byrne says:**

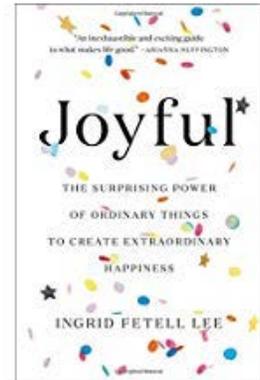
**“As a parent and an educator, equipping our young people with the skills for success beyond high school is something I consider a great challenge and an absolute necessity. Lukianoff and Haidt help define the challenge and point at possible pathways to improvement.**

**I am pleased that RMS Principal Dr. Edwards will be facilitating a series of discussions about this important book and I encourage parents to participate.”**

## ***Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness***

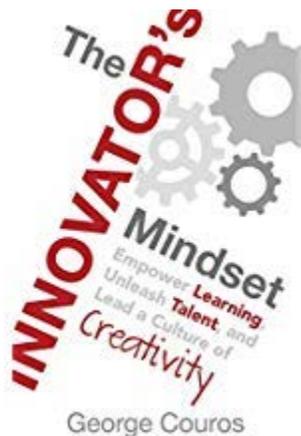
**By Ingrid Fetell Lee**

Have you ever wondered why we stop to watch the orange glow that arrives before sunset, or why we flock to see cherry blossoms bloom in the spring? We are often made to feel that the physical world has little or no impact on our inner joy. Increasingly, experts urge us to find balance and calm by looking inward -- through mindfulness or meditation -- and muting the outside world. But what if the natural vibrancy of our surroundings is actually our most renewable and easily accessible source of joy? In *Joyful*, designer and TED star Ingrid Fetell Lee explores how the seemingly mundane spaces and objects we interact with every day have surprising and powerful effects on our mood. Drawing on insights from neuroscience and psychology, she explains why one setting makes us feel anxious or competitive, while another fosters acceptance and delight -- and, most importantly, she reveals how we can harness the power of our surroundings to live fuller, healthier, and truly joyful lives.



**Dr. Eric Byrne says:**

**“Thinking about and developing a greater understanding of how the world around us impacts who we are can be so helpful. Knowing what makes us tick can provide us with direction on how to live well.”**



## ***The Innovator's Mindset: Empower Learning, Unleash Talent, and Lead a Culture of Creativity***

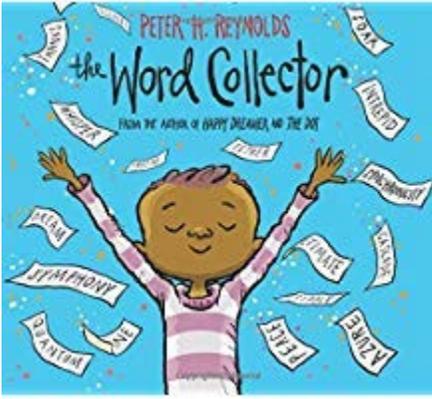
**By George Couros**

Kids walk into schools full of wonder and questions. How you, as an educator, respond to students' natural curiosity can help further their own exploration and shape the way they learn today and in the future. The traditional system of education requires students to hold their questions and compliantly stick to the scheduled curriculum. But our job as educators is to provide new and better opportunities for our students. It's time to recognize that compliance doesn't foster innovation, encourage critical thinking, or inspire creativity--and those are the skills our students need to succeed.

In *The Innovator's Mindset*, Couros encourages teachers and administrators to empower their learners to wonder, to explore, and to become forward-thinking leaders. If we want innovative students, we need innovative educators. In other words, innovation begins with you. Ultimately, innovation is not about a skill set: it's about a mindset.

**Dr. Eric Byrne says:**

**“Our administrative team has been reading and unpacking this excellent book this year. It is helping us to think about our schools, growth opportunities, and how important leadership is in creating the educational environments needed today and into the future.”**



***The Word Collector***  
**By Peter H. Reynolds**

In this new tale from Peter H. Reynolds, creator of *The Dot*, *I Am Human*, and *Happy Dreamer*, comes the story of Jerome, who discovers the magic of the words all around him -- short and sweet words, two-syllable treats, and multi-syllable words that sound like little songs. Words that connect, transform, and empower. *The Word Collector* is a celebration of finding your own words -- and the impact you can have when you share them with the world.

**Dr. Eric Byrne says:**

**“Peter Reynolds has written beautifully engaging books with powerful messages. Here is another gem worth reading and rereading.”**

*Book summaries courtesy of Amazon.com*