



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Take a Break! Read a Good Book.

Some of our suggestions:

The Peace of Wild Things by Wendell Berry- Poems focused on the personal reaction of an individual's anxieties about the future which can only be quieted by a visit to nature

Zen Shorts by Jon J Muth – Enchanting picture book about a Panda who meets three children who teaches lessons about peace and calmness

The Life-changing Magic of Tidying Up by Marie Kondo -Japanese cleaning consultant Marie Kondo takes tidying to a whole new level promising peace and tranquility in your efforts.

The Boys in the Boat by Daniel James Brown - 9 American crew team members' epic quest for Gold in the 1936 Berlin Olympics during the Great Depression- A story of triumph!

Becoming by Michelle Obama – The former First Lady's memoir from her childhood on the South Side of Chicago to her years in the White House (Lots of Chicago centric stuff in there!)

A Walk in the Woods by Bill Bryson -Rediscovering America along the Appalachian Trail, written in a style that makes you feel as though you are sitting alongside the campfire with Bill

Does it Fart? By Rabaiotti and Caruso- “A perfect book for reluctant readers with full color illustrations. .. the funniest book you never knew you needed!”

The Alchemist by Paulo Coelho- The magical story of Santiago, a shepherd boy who yearns to travel in search of a worldly treasure

Born a Crime by Trevor Noah – South African born comedian/talk show host's memoir of his upbringing in Soweto, a walled ghetto, and how his mother and grandmother influenced his life

Firefly Lane by Kristin Hannah – “A book for every woman who knows that her best friend is the only person who really, truly knows her”

The Girl who Smiled Beads by Clemantine Wamariya – The memoir of a young Rwandan girl who becomes a refugee from the war and ends up in Chicago. “How the human spirit triumphs”

Maybe you Should Talk to Someone by Lori Gottlieb- The memoir from a psychotherapist who reveals her true professional and personal life and that of 5 of her clients. Very relatable.

The Dutch House by Ann Patchett- a story of siblings and their obsession with an iconic house they lived in as children and how their lives unfolded over the years. “Inheritance, love, forgiveness.”

Dave Barry is not Taking this Sitting Down by Dave Barry- irreverently funny man Dave Barry’s hilarious collection of columns about what he is worked up about lately.

Where’d you go Bernadette? By Marie Semple –Mother/architect/agoraphobic Bernadette goes missing prior to a family trip to Antarctica. “A touching novel about misplaced genius and a mother and daughter’s role in an absurd world.”

The Gifts of Imperfection: Let Go of Who You Think You’re Supposed To Be and Embrace Who You Are By Brene Brown – a book of self-discovery, personal growth, and boundless love.

Family Friendly Reads:

The Wish Tree by Katherine Applegate. Geared towards middle grade readers but great for the whole family. Focuses on diversity, inclusion, kindness and love.

The One and Only Ivan by Katherine Applegate. Geared towards middle grade readers but great for the whole family. Inspired by the true story of a captive gorilla known as Ivan. Celebrates the transformative power of unexpected friendship.

Camp One Step Staff Picks:

Devin’s Pick: **Tuesdays by Morrie** by Mitch Albom. “Emphasizes the life lessons that come from conversation and connection. Our day-to-day routines can make it difficult to appreciate the little things in life, and this books gets at the heart of what it means to be human and share joy with those around you.”

Jill’s Pick: **A Dog’s Purpose** by W. Bruce Cameron. “It’s a heartwarming story about how our relationship with our four legged friends transcends time and distance.”

Paige’s Pick: **Maybe Someday** by Colleen Hoover. From “1 New York Times bestselling author, a passionate tale of friendship, betrayal and romance.

*Susie's Pick: **Dear Edward by Ann Napolitano.** "A story of loss, love, connection and courage – a young boy caught between living and merely surviving - ultimately rediscovering the meaning of life."*

*Andrea's pick: **The Little Prince by Antoine de Saint-Exupery.** A young prince travels in space and addresses themes of loneliness, friendship, love and loss. "A magical book about the importance of friendship and the quest for truth. "*