

LIBRARY RESOURCE LIST

PERSONAL AND PROFESSIONAL GROWTH



Personal and professional growth, on the battlefield and at home, is part of a Marine's daily life. This month's Library Resource List provides a variety of books on the overall topic of personal development including physical and spiritual growth, as well as book suggestions on mentoring.

1. Malala Yousafzai

- Author: Maria Isabel Sanchez Vegara | Ebook | Children

Overview: Discover the life of Malala Yousafzai, the incredible activist for girls' education and the youngest Nobel Prize laureate.

[VIEW BOOK](#)

2. Mentoring 101: What Every Leader Needs to Know

- Author: John C. Maxwell | Audiobook & Ebook | Adult

Through this essential and easy-to-read reference book, the author gives you the bottom line on mentoring--what it is, why you should do it, and how you can do it most effectively.

[VIEW BOOK](#)

3. The Sleep Solution

- Author: W. Chris Winter | Audiobook & Ebook | Adult

The Sleep Solution is an exciting journey of sleep self-discovery and understanding that will help you custom design specific interventions to fit your lifestyle.

[VIEW BOOK](#)

4. Unbroken: A World War II Story of Survival, Resilience, and Redemption

- Author: Laura Hillenbrand | Audiobook & Ebook | Adult

This is about a WWII Veteran and his story of survival, resilience, and redemption.

[VIEW BOOK](#)

5. Exercised: Why Something We Never Evolved to Do is Healthy and Rewarding

- Author: Daniel Lieberman | Audiobook & Ebook | Adult

Addressing myths and explaining how to make exercise more enjoyable.

[VIEW BOOK](#)

6. Man's Search for Meaning You've Always Wanted

- Author: Viktor E. Frankl | Ebook

This book is a recount of one man's experience and search for meaning.

[VIEW BOOK](#)

7. The 5 Love Languages of Teenagers

- Author: Gary Chapman | Audiobook & Ebook | Adult

Raising teens is tough, but with Dr. Chapman's expert advice and practical examples, you can do it — and do it well.

[VIEW BOOK](#)

All of the above titles are available digitally at the **DoD MWR Libraries**. Visit to discover an array of topics available in books, e-books, audio books, universal courses, and more!





COMMANDANT'S READING LIST



Dare to Lead

Author: Brené Brown

Audiobook & Ebook | Adult

Discover the life of Malala Yousafzai, the incredible activist for girls' education and the youngest Nobel Prize laureate.

[VIEW BOOK](#)

You Are Worth It: Building a Life Worth Fighting For

Author: Kyle Carpenter

Audiobook & Ebook | Adult

Kyle's remarkable memoir reveals a central truth that will inspire every reader: Life is worth everything we've got.

[VIEW BOOK](#)



Disclaimer: These books are provided for informational purposes only. The Department of Defense or U.S. Marine Corps does not endorse these books in any way. These books were selected based on their alignment with the quarterly prevention theme of connectedness. Explore other books on building connections and coping with emotions by accessing DoD libraries