

Personal Growth *Book Project*

This assignment will require you to:

1. Read a book of your choice that specifically focuses on developing **emotional intelligence (intrapersonal or interpersonal skills)**. Reflect on what you are learning. Highlight key points and/or take notes on the key points as you read the book. Aim to read every day.
2. Teach **the most valuable concept or tool** you found in the book to the class and expand on it in a 5-minute **Power Point** presentation. Teach the material **in your own words**, explain the concept in depth, and provide examples of how we can apply this to enhance the quality of our lives and achieve greater success in life.

RECOMMENDED BOOKS:

Intrapersonal Skills (Self-Mastery)

Anthony Robbins – Awaken the Giant Within

- Unlimited Power
- Notes from a Friend

Brian Tracy - Change your Thinking, Change your Life
- The Psychology of Achievement
- Goals! How to Get Everything you Want

Dan Millman – The Way of the Peaceful Warrior

Don Miguel Ruiz – The Four Agreements

Eckhart Tolle - The Power of Now

Napoleon Hill - Think and Grow Rich

Mark Hansen & Robert Allen – The One Minute Millionaire

Mitch Albom – Tuesdays with Morrie

Paulo Coelho - The Alchemist

Robert Kiosaki – Rich Dad, Poor Dad

Stephen Covey – Seven Habits of Highly Effective Teens

Susan Scott – Fierce Conversations

Interpersonal Skills (Relationships)

Greg Behrendt – He’s Just not That Into You

Andrea Syrtash – He’s Just not Your Type

John Gray - Men are from Mars, Women are from Venus
- Men, Women and Relationships

Gary Champman – The Five Love Languages

- The Five Love Languages for Singles

**Books can be found in our library (in the Book Project section), or at the local library, bookstores, online or at home.*

**If you are unsure as to whether or not a book meets the criteria, run it by your teacher first.*