



SUMMER READING 2023



Summer reading provides an opportunity for Southern Regional High School students to remain engaged in learning, to increase literacy skills and most importantly, to enrich the summer experience with a good book! With these goals in mind, Southern Regional High School students are required to read at least one book over the summer. The 7 books on the list are varied to appeal to a wide range of reading preferences. However, all the books on the list are united by a common theme: **overcoming adversity**. Stories of resiliency and perseverance can motivate and inspire us to overcome obstacles when they come our way and to make choices that ultimately help us to live fuller, happier lives.

Students from grades 10-12 (classes of 2024, 2025, 2026) should choose one book from the list.

HONORS and AP students will be expected to read one additional title, assigned by their teacher.

Parents are also invited to take part in their child's selection process. Each book is hyperlinked to help aid in making informed decisions. Parents may also use <https://www.commonsemmedia.org/> to find out more about each title. Following the list of book choices there is a document listing the different ways the book can be obtained.

Below are some questions students may use to guide them in their reading. Completing these questions for submission is not required, however, answering them may help with comprehension and retention. Students will be given an in-class assignment on their chosen book when they return in September.

1. What passage stands out as being most important and/or meaningful? Why?
2. What do you think is the author's overall message/intention?
3. How would you describe the style of the book? In other words, how was the book written?
4. Was the book what you expected? What did you like/dislike? Would you change anything about the book? Be specific!
5. What can this book teach you about **overcoming adversity**?
6. Now that you've completed the book, what questions do you still have?

Happy Reading!

Free eBook & Audiobook Apps:

[Hoopla](#) / [Libby](#) Download to your phone and access each app with a library card to check out the audiobook or eBook. Don't have a library card? Visit your local branch or click [here](#) to submit an online application (you will have to pick up your card at your local branch).

All books are also available on [Audible](#). If you don't already have a subscription, they offer a free 30-day trial!

Select ONE BOOK From the Following List

MEMOIR: *Born a Crime* by Trevor Noah

A funny and moving account of growing up at the end of apartheid. "Noah's childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa's history that must never be forgotten."—*Esquire*.

There is a young readers adaptation of this book that is an Amazon Editors' Best Young Adult pick. Students may read this or the original version. Trevor Noah reads the audio version of the book & won the Audie Award for Best Male Narrator in 2018 so listening to this on Audible is highly recommended!

Summaries: [Adult Version](#) / [Young Readers](#)

Reviews: [Adult Version](#) / [Young Readers](#)

[Book Trailer](#)

[eBook](#) (Adult Version)

[Audiobook](#) (This is **NOT** the official version read by Noah)

School Copies: 64

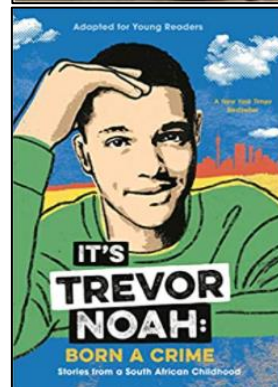
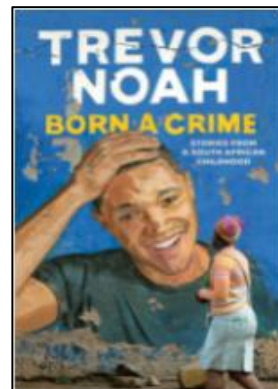
[Public Library](#): 7 Copies (Adult) / 8 Copies (Young Readers)

Amazon: [Adult Version](#) / [Young Readers](#)

eBook available for both versions via



Click [here](#) to watch Mr. Dreher's review of *Born a Crime*!



INSPIRATIONAL SPORTS STORY: *Unstoppable* by Anthony Robles

"My spirit is unconquerable...I don't care what's probable. Through blood, sweat, and tears, I am unstoppable." These are words from Anthony Robles, 3X all-American wrestler who was born without his right leg. His story reminds us of what can be achieved through hard work, focus, and unyielding determination.

"Anyone who reads this book will walk away with a sense of self-motivation to go out and accomplish their dreams." - LaDainian Tomlinson, former NFL running back

[Summary](#)

[Review](#)

[Book Trailer](#)

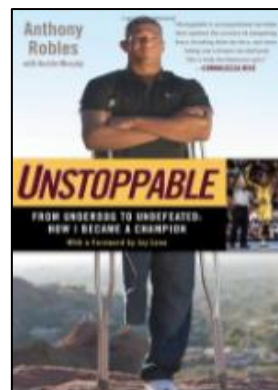
School Copies: 64

[Public Library](#): 8 Copies

[Amazon](#)

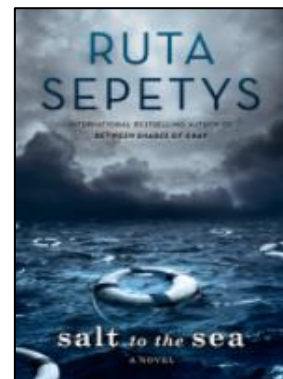


Click [here](#) to watch Mr. Herring's review of *Unstoppable*!



HISTORICAL FICTION: *Salt to the Sea* by Ruta Sepetys

Ruta Sepetys crafts four fictionalized, but historically accurate, voices to convey the real-life tragedy of the sinking of the Wilhelm Gustloff, a German cruise liner that was supposed to ferry wartime personnel and refugees to safety from the advancing Red Army. Joana, a Lithuanian with nursing experience; Florian, a Prussian soldier fleeing the Nazis with stolen treasure; and Emilia, a Polish girl close to the end of her pregnancy, converge on their escape journeys as Russian troops advance; each will eventually meet Albert, a Nazi peon with delusions of grandeur, assigned to the Gustloff decks.



[Summary](#)

[Review](#)

[Book Trailer](#)

[eBook](#)

School Copies: 65

[Public Library](#): 19 Copies

[Amazon](#)

#1 New York Times bestseller, winner of the Carnegie Medal, #1 Indie Bestseller, Put on "Best Book" lists by *The Wall Street Journal*, *Seventeen*, *School Library Journal*, *Publishers Weekly*, Amazon, Goodreads, and Barnes and Noble.



Click [here](#) to watch Mrs. Craig's and Ava Bullis' review of *Salt to the Sea*!

FANTASY: *Red Queen** by Victoria Aveyard

A sweeping tale of power, intrigue, and betrayal, perfect for fans of George R.R. Martin's *Game of Thrones* series, *The Red Queen* has already been translated into 41 languages. This is the first book in a four-book series. Mare Barrow's world is divided by blood—those with common, Red blood serve the Silver-blooded elite, who are gifted with superhuman abilities. Mare is a Red, scraping by as a thief in a poor, rural village, until a twist of fate throws her in front of the Silver court. Before the king, princes, and all the nobles, she discovers she has an ability of her own....and power is a dangerous game.



[Summary](#)

[Review](#)

[Book Trailer](#)

[eBook](#)

School Copies: 64

[Public Library](#): 7 Copies

[Amazon](#)

eBook & audiobook available via



Click [here](#) to watch Mrs. Kowalski's review of *Red Queen*!

*If you read this book last year and loved it, you may opt to read the next book in the series, ***Glass Sword***. Sorry, we do not have copies of this book to distribute, but you can find it here:

[Public Library](#) (8 copies available) [Free eBook](#) [Amazon](#)

HEALTH & WELLNESS: *The Omnivore's Dilemma* by Michael Pollan

"What's for dinner?" seemed like a simple question—until journalist and supermarket detective Michael Pollan delved behind the scenes. From fast food and big organic to small farms and old-fashioned hunting and gathering, Pollan's book encourages readers to consider the personal and global health implications of their food choices. *The Omnivore's Dilemma* serves up a bold message to the generation that needs it most: It's time to take charge of our national eating habits—and it starts with you.

Winner of the James Beard Award for Food writing and named one of the top 10 books for 2006 by *The New York Times*. **There is a Young Readers version of this book. Students may choose this or the original version.**

Summary: [Young Readers Edition](#) / [Adult](#)

Reviews: [Young Readers](#) / [Adult](#)

[Book Trailer](#)

[eBook](#) (Young Readers Edition)

[eBook](#) (Adult Version)

School Copies: 71

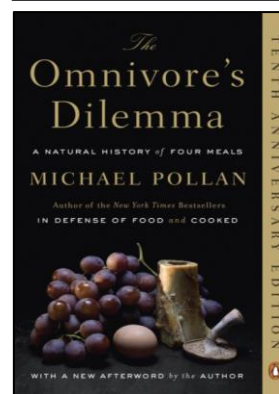
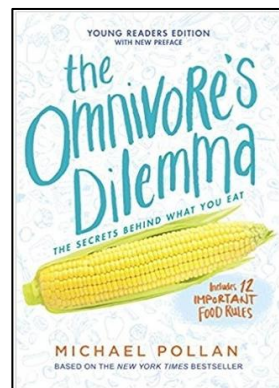
Public Library: 3 Copies (Young Reader's) / **6 Copies** (Adult)

Amazon-[Young Readers](#) / [Adult](#)

eBook (Adult Version) available via



Click [here](#) to watch Ms. Furlong's review of *Omnivore's Dilemma*!



SELF-IMPROVEMENT/PSYCHOLOGY: *Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones* by James Clear

No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

[Summary](#)

[Review](#)

[Book Trailer](#)

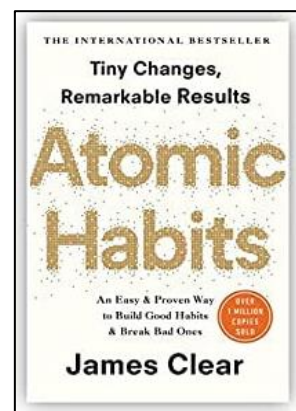
[eBook](#)

School Copies: 70

Public Library: 26 Copies (There may be a waiting list)

Amazon

eBook & audiobook available via



Click [here](#) to watch Mr. Fierro's and Mr. Abbato's review of *Atomic Habits*!

The #1 New York Times bestseller...Over 4 million copies sold! 93,200 customer reviews with 85% giving 5 stars

SUCCESS & BUSINESS: *Shoe Dog* by Phil Knight

Find out how a kid from Oregon followed his passion to create a multibillion-dollar company. Phil Knight, the man behind the Nike swoosh, tells his story with straightforward honesty. *Shoe Dog* is about chasing crazy ideas and persevering challenges while being authentic to oneself.

"A refreshingly honest reminder of what the path to business success really looks like." – Bill Gates

**There is a Young Readers version of this book.
Students may choose this or the original version.**

Summary: [Adult](#) / [Young Readers Edition](#)

Reviews: [Adult](#) / [Young Readers Edition](#)

[Book Trailer](#)

eBook: [Adult](#)

School Copies: 75

[Public Library](#): 7 Copies (Adult Version)

Amazon: [Adult](#) / [Young Readers](#)



Click [here](#) to watch Mr. Baker's review of *Shoe Dog*!

***New York Times* Bestseller, 2018**

