

## Health Science Reading for Students

**ILCTE Innovative Curriculum Resources Project is NOT endorsing any of these books or authors. We are providing these as possible resources. If you have other book ideas or videos that you use in your classroom and are willing to share, please forward them to [nlbudde@ilstu.edu](mailto:nlbudde@ilstu.edu)**

### HOSA Competitive Events Reading FY21

- **Grey's Anatomy** - The ABC medical drama *Grey's Anatomy* has generated a flurry of interest in how medical professionals really make it through one of the most rigorous educational programs around, but how much of the medical drama seen in *Grey's Anatomy* is pure entertainment, and how much is an accurate reflection of life both in and out of the OR?  
Amazon Paperback - \$15.00
- **Stedman Graham's: Identity in Leadership: To leader others you must first lead yourself.**  
Target: \$14.75

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- **Compassionomics: The Revolutionary Scientific Evidence that Caring Make a Difference.**  
In *Compassionomics*, physician scientists uncover the eye-opening data that compassion could be the wonder drug for the 21<sup>st</sup> century. Now, for the first time ever, a rigorous review of the science – coupled with captivating stories from the front lines of medicine; demonstrate that the human behavior connection in health care matters in astonishing ways. Never has all the evidence been synthesized together in one place.  
Authors: Anthony Mazzarelli & Stephan Trzeciak  
Amazon: \$24.00
- **Make Your Bed: Little Things that Can Change Your Life...and Maybe the World.**  
Military life is often exhausting, terrifying, and emotionally challenging. You must be strong and disciplined to make it through the rigors of training and war. Admiral William H. McRaven, a retired Navy SEAL with 37 years of experience, faced many challenges during his career. He found strategies along the way that helped him through the difficult times. Many of these strategies resulted from his experiences as a SEAL-in-training and a Navy officer.  
In 2014, McRaven organized his strategies into 10 life lessons for his commencement address at his alma mater, the University of Texas at Austin. *Make Your Bed* provides these lessons to you and expands on the experiences that formed them.  
Author: Admiral William H. McRaven  
Amazon: \$12.00
- **The Germ Freaks Guide to Outwitting Colds and Flu: Guerilla Tactics to keep yourself healthy at home, at work and in the world.**  
Admit it, you either are one or you know one: a person who prefers the scent of Purell to perfume, hates public restroom toilets and pushes elevator buttons with their elbow. In a word (well, two), a “Germ Freak.” Well guess what—they’re right! This book gives readers the lowdown on how to avoid the common cold and survive flu season with your health and sanity intact. This is the practical information your doctor won’t give you (they always say not to worry and may be giving you the latest bug by not washing their hands when they examine you!), but which you’re almost literally dying to know!  
Authors: Allison Janse & Charles Gerba  
Amazon in paperback: \$11.16

➤ **Gifted Hands**

Gifted Hands is effortless and intimate, leaving the reader feeling as though they've sat down with a cup of tea and heard Dr. Carson tell his story firsthand. The first half of the novel is the most inspirational; telling the story of his childhood and journey to and through medical school.

Author: Ben Carson

Online FREE viewing of the movie made from this book:

<https://www.bing.com/videos/search?q=Gifted+Hands&docid=608047234701266013&mid=84F2E8D13D27EBF5787E84F2E8D13D27EBF5787E&view=detail&FORM=VIRE>

Amazon in paperback: \$12.88

➤ **The Scalpel and The Silver Bear**

The Scalpel and the Silver Bear is a poignant, fluidly written autobiography of a Navajo woman, tracing her steps from the reservation in Crownpoint, Arizona, where she grew up to the upper echelons of academic medicine at Dartmouth University. In between is a compelling tale of the cultural and psychological hurdles that Native Americans and women face in the world of medicine. A spellbinding journey between two worlds, this remarkable book describes surgeon Lori Arviso Alvord's struggles to bring modern medicine to the Navajo reservation in Gallup, New Mexico—and to bring the values of her people to a medical care system in danger of losing its heart. 205 pages

Authors: Lori Arviso Alvord & Elizabeth Cohen Van Pelt

Amazon in paperback: \$17.00

➤ **The Diving Bell and The Butterfly: A Memoir of Life in Death**

In 1995, Jean-Dominique Bauby was the editor-in-chief of French *Elle*, the father of two young children, a 44-year-old man known and loved for his wit, his style, and his impassioned approach to life. By the end of the year he was also the victim of a rare kind of stroke to the brainstem. After 20 days in a coma, Bauby awoke into a body which had all but stopped working: only his left eye functioned, allowing him to see and, by blinking it, to make clear that his mind was unimpaired. Almost miraculously, he was soon able to express himself in the richest detail: dictating a word at a time, blinking to select each letter as the alphabet was recited to him slowly, over and over again. In the same way, he was able eventually to compose this extraordinary book.

By turns wistful, mischievous, angry, and witty, Bauby bears witness to his determination to live as fully in his mind as he had been able to do in his body. He explains the joy, and deep sadness, of seeing his children and of hearing his aged father's voice on the phone. In magical sequences, he imagines traveling to other places and times and of lying next to the woman he loves. Fed only intravenously, he imagines preparing and tasting the full flavor of delectable dishes. Again and again he returns to an "inexhaustible reservoir of sensations," keeping in touch with himself and the life around him.

Jean-Dominique Bauby died two days after the French publication of **The Diving Bell and the Butterfly**.

This book is a lasting testament to his life.

Author: Jean-Dominique Bauby

Available in paperback: \$14.00

➤ **Speak (Caution: this book has violence & sexual assault!)**

The first ten lies they tell you in high school. "Speak up for yourself--we want to know what you have to say." From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless, outcast, because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. As time passes, she becomes

increasingly isolated and practically stops talking altogether. Only her art class offers any solace, and it is through her work on an art project that she is finally able to face what really happened at that terrible party: she was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. Her healing process has just begun when she has another violent encounter with him. But this time Melinda fights back, refuses to be silent, and thereby achieves a measure of vindication. In Laurie Halse Anderson's powerful novel, an utterly believable heroine with a bitterly ironic voice delivers a blow to the hypocritical world of high school. She speaks for many a disenfranchised teenager while demonstrating the importance of speaking up for oneself.

Author: Laurie Halse Anderson

Amazon in paperback: \$7.75

➤ **Go Ask Alice**

For thirty-five years, the acclaimed, bestselling first-person account of a teenage girl's harrowing descent into the nightmarish world of drugs has left an indelible mark on generations of teen readers. As powerful—and as timely—today as ever, *Go Ask Alice* remains the definitive book on the horrors of addiction. 224 pages

Author: Anonymous Diaries

Amazon in paperback: \$6.36

➤ **The Woman with a Worm in Her Head**

In *The Woman with a Worm in Her Head*, Dr. Pamela Nagami reveals—through real-life cases—the sobering facts about some of the world's most horrific diseases: the warning signs, the consequences, treatments, and most compellingly, what it feels like to make medical and ethical decisions that can mean the difference between life and death.

Author: Dr. P. Nagami

Amazon in paperback: \$17.99

➤ **Mountains Beyond Mountains**

*The Quest of Dr. Paul Farmer, A Man Who Would Cure the World* is a non-fiction, biographical work by American writer Tracy Kidder. The book traces the life of physician and anthropologist Paul Farmer with particular focus on his work fighting tuberculosis in Haiti, Peru and Russia.

Author: Tracy Kidder

Amazon in paperback: \$16.25

➤ **Hot Zone**

*The Hot Zone* tells this dramatic story, giving a hair-raising account of the appearance of rare and lethal viruses and their "crashes" into the human race. Shocking, frightening, and impossible to ignore, *The Hot Zone* proves that truth really is scarier than fiction.

Author: Richard Preston

Amazon in paperback: \$8.99

➤ **Demon in a Freezer**

*The Demon in the Freezer: A True Story* written August 26, 2003 by Richard Preston (Author) A true story that is the most frightening nightmare fuel out there. This is the story of how the world bungled the demon of Variola Major after the eradication of said virus. (A deadly viral disease that has been completely eradicated- smallpox.)

Author: Richard Preston

Amazon in paperback: \$7.99

➤ **Fever 1793**

Fever 1793 is a book about the yellow fever epidemic that plagues Philadelphia in said year. Told from the perspective of Mattie, a young girl living with her mother and grandfather, Fever 1793 is engaging and interesting from start to finish.

Timely 143-page book that can be downloaded FREE online.

Author: Laurie Halse Anderson

Amazon in paperback: \$7.19