

LIBRARY RESOURCE LIST

Self-Awareness: Goal Setting, Spirituality, and Determining Personal Risk



Frequent moves are part of military family life, and those moves can stir up emotions. This month's Library Resource List provides a variety of books on coping with emotions and making/maintaining connections that makes us feel part of a community of support.

Endure - How to Work Hard, Outlast, and Keep Hammering

- Author: Cameron Hanes | Audiobook

Part memoir, part motivational manifesto, Endure reveals how Cam—a self-professed average guy—with discipline, sacrifice, resilience, a hard work ethic, and a belief in his own capabilities, not only accomplished his dreams but continues to surpass them.

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There's No Plan B for You're A-Game - Be the Best in the World at What You Do

- Author: Bo Easton | Audiobook

Focusing on a winning four-step process that helps you attain the skill, maintain the effort, and persist through challenges.

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When Things Aren't Going Right, Go Left

- Author: Marc Colagiovanni and Peter H. Reynolds | Children's Ebook

An inspirational children's picture book that reminds readers of their own agency and the power they have to direct their own path.

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Your Best Year Ever

- Author: Michael Hyatt | Ebook

Helping you create a plan to accomplish your goals.

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Atomic Habits

- Author: James Clear | Ebook

Providing tools and strategies to build good habits, which is important to achieving your goals.

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Building Your Resilience - Finding Meaning in Adversity You've Always Wanted

- Author: Molly Birkholm | Audiobook

Learn how challenges, and even traumas, can become gifts that bring wisdom and growth.

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Find Your Why - A Practical Guide for Discovering Purpose for You and Your Team

- Author: Simon Sinek | Audiobook

Insights to find more inspiration at work.

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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!



Enchantment: Awakening Wonder in an Anxious Age

- Author: Katherine May | Ebook

Blending lyricism and storytelling, sensitivity and empathy, Enchantment invites each of us to open the door to human experience in all its sensual complexity, and to find the beauty waiting for us there.

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Hardiness: Making Stress Work for You to Achieve Your Life Goals

- Author: Steven J. Stein & Paul T. Bartone | Ebook

Mastering the 3 C's of hardiness—commitment, control, and challenge—is essential to increasing hardiness and responding effectively to stressful situations.

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The Self-Aware Leader - Play to Your Strengths and Unleash Your Team

- Author: John C. Maxwell | Ebook

Helping leaders become more self-aware, focused, and confident.

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