



## Recommended Parent Reads

NDMA Parents,

We have compiled a short list of books that we have found can benefit our families during these middle years. These books are meant to spark conversations with your kids at the dinner table, give you insight on their ever developing brains and support their needs spiritually, physically and emotionally. If you have any other titles that you feel would benefit our community, please reach out and let us know.

[\*Disconnected\* by Thomas Kersting](#)

[\*Beyond Measure\* by Vicki Abeles](#)

[\*Where You Go Is Not Who You'll Be\* by Frank Bruni](#)

[\*iGen\* by Jean M. Twenge](#)

[\*Resisting Happiness\* by Matthew Kelly](#)

[\*How to Hug a Porcupine\* by Julie A. Ross](#)

[\*The 3 Big Questions for a Frantic Family\* by Patrick Lencioni](#)

We hope that your family has a wonderful summer break filled with fun, laughter and great memories. See you in August!

Sincerely,

Mr. Jezdimir