BOOK REPORT GUIDE & SUGGESTED BOOK LIST

This Guide is intended to help you write book reports. Book reports can be an important way to show the Board that you are thinking about and working on some aspect of yourself and/or your life crimes(s). Book reports can also help you to fill gaps in the programming that is available to you at your institution. By writing a book report, you should not be just summarizing what you read. Instead, you should be explaining what you learned about yourself and your actions by reading the book.

I. Choosing a Book

First, you will need to choose a book to read. As mentioned above, a book report should show that you are thinking about some aspect of yourself and/or your life crimes(s). This may be a character trait (such as low self-esteem), a characteristic of your crime (such as domestic violence), or a concern brought up by the Board at your last hearing (such as substance abuse). If your institution does not have programs available that address an issue you need to work on, book reports are a good way to take initiative and work on yourself on your own. Below are some suggested books you might choose to read, organized by the topic they address. Some of these books may be available in the library, but most will need to be bought by your supporters and mailed to you from an approved seller (such as Amazon).

Anger
- Freeing the Angry Mind, Peter Bankart
- The Anger Trap, Les Carter
- Transforming Anger, Doc Lew Childre
- Anger Among Angels, William Defoore
- Anger, Thich Nhat Hanh
- Healing Rage: Women Making Inner Peace Possible, Ruth King
- Letting Go of Anger, Ronald & Pat Potter-Efron
- Surprising Purpose of Anger, Marshall Rosenberg
- What’s Making You Angry, Marshall Rosenberg

Family/Parenting Issues
- Houses of Healing, Robin Casarjian
- An Adult Child’s Guide to What’s Normal, Friel & Friel
- Toxic Parents, Susan Forward
- Lost Fathers, Laraine Herring
- Parenting from Your Heart, Marshall Rosenberg
- Raising Children Compassionately, Marshall Rosenberg
- Respectful Parents, Respectful Kids, Marshall Rosenberg

Please Note: The information contained in this Guide is not intended as legal advice in any individual’s case. There are many exceptions and variations in the parole consideration process. If you have questions, please consult with an experienced parole attorney.
Forgiveness
• *I Thought We'd Never Speak Again*, Laura Davis
• *Forgiveness Is a Choice*, Robert Enright
• *Total Forgiveness*, R.T. Kendall
• *From Anger to Forgiveness*, Earnie Larsen
• *The Gift of Forgiveness*, Charles Stanley
• *Radical Forgiveness*, Colin Tipping
• *The Supernatural Power of Forgiveness*, Vallotton & Vallotton

Healthy Self & Relationships
• *Why Does He Do That?*, Lundy Bancroft
• *Codependent No More*, Melody Beattie
• *The New Codependency*, Melody Beattie
• *Personhood: The Art of Being Fully Human*, Leo Buscaglia
• *Out of the Shadows: Understanding Sexual Addiction*, Pat Carnes
• *The Verbally Abusive Relationship*, Patricia Evans
• *Women Who Love Too Much*, Robin Norwood
• *Overcoming Passive-Aggression*, Oberlin & Murphy
• *Addiction to Love*, Susan Peabody
• *Courage to Be Yourself*, Sue Patton Thoele

Sexual & Gendered Violence
• *Courage to Heal: Women Survivors of Sexual Abuse*, Ellen Bass
• *Male Brain: A Breakthrough Understanding of How Men & Boys Think*, Louann Brizendine
• *Men Who Rape*, Nicholas Groth
• *Healing Violent Men: A Model for Christian Communities*, David Livingston
• *Understanding Sexual Violence*, Diana Scully

Mindfulness
• *Peace Is Every Step*, Thich Nhat Hanh
• *The Miracle of Mindfulness*, Thich Nhat Hanh
• *The Heart of the Buddha’s Teaching*, Thich Nhat Hanh
• *You Are Here*, Thich Nhat Hanh
• *Reconciliation*, Thich Nhat Hanh
• *Be Free Where You Are*, Thich Nhat Hanh
• *Being Peace*, Thich Nhat Hanh
• *Taming the Tiger Within*, Thich Nhat Hanh
• *Autobiography of a Yogi*, Paramahansa Yogananda
• *Spiritual Counsel*, Paramahansa Yogananda
• *Talks and Essays*, Paramahansa Yogananda
• *Inner Peace*, Paramahansa Yogananda
• *Living Fearlessly*, Paramahansa Yogananda
• *Where There Is Light*, Paramahansa Yogananda

Nonviolent Communication
• *Nonviolent Communication*, Marshall Rosenberg
• *Being Genuine*, Marshall Rosenberg
• *Being Me, Loving You*, Marshall Rosenberg
• *Connecting Across Differences*, Marshall Rosenberg
• *Getting Past the Pain Between Us*, Marshall Rosenberg
• *Graduating from Guilt*, Marshall Rosenberg
• *Model for Nonviolent Communication*, Marshall Rosenberg
• *Peaceful Living*, Marshall Rosenberg
• *Speak Peace in a World of Conflict*, Marshall Rosenberg
• *Urban Empathy*, Marshall Rosenberg
II. Reading the Book

As you read the book, focus on understanding the main ideas and concepts. If it is helpful to you, take notes and write down page numbers of particularly important parts so you can go back and find them later. However, the book report should not just be a summary, so do not feel like you have to write down every part of the book. Focus on what seems to apply to you and/or your life crime(s). If there are certain parts that are particularly helpful in understanding your character traits or behaviors, you should take note of those.

III. Writing the Book Report

The first paragraph of your book report should present the book, its author, and the topic the book focuses on. Use this paragraph to introduce the book, and very briefly lay out its main ideas. In the next paragraphs, you should explain how the main ideas of the book apply to your life and/or crime(s). Here are some useful questions to think about as you write your book report:

1. What did the concept(s) in the book teach you about yourself?
2. How have you changed, and become a new person compared to who you were at the time of your life crime(s)? How did the concept(s) in the book help this transformation?
3. What did the concept(s) in the book teach you about your responsibility? Were there ways in which you were minimizing your responsibility for your actions?
4. How did the concept(s) in the book teach you how you could have avoided your crime(s)? How could you have changed your decision-making process?
5. What lessons will you take from the concept(s) in the book and apply throughout your life?
6. How did the concept(s) in the book change and/or deepen your understanding of the impact your actions had on others? How did your actions impact the victim of your crime(s)?

You do not need to answer all of these questions when thinking about any concept from the book, but starting with one may be a good way to approach writing your report. Even though the person reading your report will not have read the actual book, you should keep your summary of the book very brief so that you can focus on what you learned about yourself.

Finally, your conclusion should wrap up the things you learned from the book, and how it has helped you address aspects of yourself and/or your life crime(s). Focus on how
you will apply the lessons learned from the book to your life, not just to understand your past but to live a better future.

IV. Some General Tips

- **Do not minimize your responsibility for your crime(s).** While you can explain how outside circumstances may have led to your crime(s), you must take full responsibility for the decision you made and actions you took.

- **Use active language in your book report.** For example, instead of saying, “My victim was killed,” say “I killed my victim.” By making this small grammatical change, you make it clear that you take full responsibility for what you did.

- Challenge yourself to be completely honest and transparent while writing your book report.

- **Go through drafts.** Check for spelling and grammar errors. See if you can word things more clearly. If you have friends, loved ones, or supporters who would be willing to do so, have them read a draft and write notes for you.