

Self-Discovery Books

Kids Books – English

~~I Like Me! By Nancy Carlson~~

~~Tomorrow I'll be Brave by Jessica Hische~~

~~Just Ask! By Sonia Sotomayor, illustrated by Rafael Lopez~~

~~Raise Your Hand by Alice Paul Tapper, illustrated by Marta Kissi~~

~~The Sneetches and Other Stories by Dr. Seuss~~

~~Only One You by Linda Kranz~~

~~The Day You Begin by Jacqueline Woods, illustrated by Rafael López~~

~~Follow Your Star by Graham Sale and Margo Manhattan~~

~~How to be a Super Kid by Abigail E. Perez~~

I Love Who I am: Self-Love For Kids by J. O'Keefe and Minnie Drew

Nobi: Inspiring story about self-confidence, discovery, and friendship for young readers by Leigh Cook, Illustrated by Catherina Matigina

Uniquely You: A Magical Journey of Self-Discovery and Appreciation by Dr. Holly Singletary, Illustrated by Lora Look

Everyone Feels Sad Sometimes by Dr. Daniela Owen, Illustrated by Gülce Baycik

Kids Books – Spanish

Solo Pregunta [Just Ask] by Sonia Sotomayor, illustrated by Rafael Lopez

Quizás algo hermoso [Maybe Something Beautiful]

Nadie Como Tu [Spanish] by Linda Kranz, Translated by Teresa Mlawyer

El día en que descubres quién eres by Jacqueline Woodson, illustrated by Rafael López, translated by Teresa Mlawyer

Escuchando a Mi Cuerpo by Gabi Garcia, illustrated by Ying Hui Tan

Así me siento yo (Spanish Edition) by Janan Cain, translated by Yanitzia Canetti

Encuentra Tu Calma: Un Enfoque Consciente Para Aliviar La Ansiedad Y Crecer Tu Valentía (Spanish Edition) De donde eres by Gabi Garcia, illustrated by Marta Pineda

El Ninja Decepcionado: Un libro infantil social y emocional sobre el buen espíritu deportivo y cómo lidiar con la decepción (Ninja Life Hacks Spanish) (Spanish Edition) by Mary Nhin

El Ninja Agradecido: Un libro para niños sobre cómo cultivar una actitud de gratitud y buenos modales (Ninja Life Hacks Spanish nº 18) (Spanish Edition) by Mary Nhin

El Ninja Enojado: Un libro para niños sobre la lucha y el manejo de las emociones de la ira (Ninja Life Hacks Spanish) (Spanish Edition) by Mary Nhin

El Ninja Calmado: Un libro para niños sobre cómo calmar la ansiedad con el flujo de yoga Calm Ninja (Ninja Life Hacks Spanish) (Spanish Edition) by Mary Nhin

El Ninja Valiente: Un libro para niños sobre el coraje (Ninja Life Hacks Spanish) (Spanish Edition) by Mary Nhin
La Ninja Gruñona: Un libro para niños sobre la gratitud y la perspectiva (Ninja Life Hacks Spanish) (Spanish Edition) by Mary Nhin

A Paco el Perezoso le encanta ser diferente: Una historia de autoestima, para niños de edades 3-8. Sloan the Sloth Loves Being Different (Spanish Edition) (Zac y sus amigos) by Misty Black

¿Puede Pedro el Puercoespín controlar su mal genio? (Zac y sus amigos) (Spanish Edition)

Kids Books – Spanish/English Books

¡I Have a Secret! / ¡Tengo un Secreto!: Yunito's Adventures-Las Aventuras de Yunito by Maritere Rodríguez Bellas

We Are All Connected/ Todos Estamos Conectados (Bilingual English/ Spanish): Caring for each other & the earth by Gabi Garcia, Illustrated by Natalia Jimenez Osorio

Young Adult/Adults: English

My Life Map: A Journal to Help You Shape Your Future by Kate and David Marshall

Picture of Me: Who I Am in 221 Questions by Kate and David Marshall

~~Finding Our She-Compass by Helen Owens~~

~~The Tools by Phil Stutz & Barry Michels~~

~~The Tacos and Chocolate Diet by Drew Myers~~

~~Life in the Leadership Lane by Bruce W. Walker~~

~~The Art of Gathering by Priya Parker~~

~~Heart Talk by Cleo Wade~~

~~Make Your Bed by Admiral William H. McRaven~~

~~All Along You Were Blooming by Morgan Harper Nichols~~

~~The 7 Habits of Highly Effective Teens by Sean Covey~~

Careers: The Graphic Guide to Planning Your Future

Blame My Brain: The Amazing Teenage Brain Revealed by Nicola Morgan

~~You Are A Champion: How to Be the Best You Can Be by Marcus Rashford~~

Overcoming Procrastination for Teens by William J. Knaus

~~Career Planning for Teens: Discover The Proven Path to Finding a Successful Career That's Right for You!~~
~~By Seth Hicks~~

~~Don't Believe Everything You Think: Why Your Thinking Is The Beginning & End Of Suffering (Beyond Suffering) by Joseph Nguyen~~

~~Mindful Thoughts for Students by Georgina Hooper~~

~~The Speed of Trust by Stephen Covey~~

~~Relentless by Tim Grover~~

~~Turn the Ship Around by L. David Marquet~~

~~Untamed by Glennon Doyle~~

beyond thoughts: an exploration of who we are beyond our minds (Beyond Suffering) by Joseph Nguyen

101 Essays That Will Change The Way You Think by Brianna Wiest

The Mountain Is You: Transforming Self-Sabotage Into Self-Mastery by Brianna Wiest

Untamed by Glennon Doyle

~~13 Things Mentally Strong People Don't Do by Amy Morin~~

All Along You Were Blooming by Morgan Harper Nichols

What I Know For Sure by Oprah Winfrey

~~The Four Agreements by Don Miguel Ruiz~~

~~Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear~~

Lighter: Let Go of the Past, Connect with the Present, and Expand the Future Hardcover by Yung Pueblo

Don't Wear Shoes You Can't Walk In: A Field Guide for Your Twenties

Unstuck (for women): Break Free From Self-Doubt and Stop Overthinking Using The Spiral Stopper Method To Take Control of Your Emotions, Build Confidence & Self Love

A Growth Mindset For Teens: Practical Lessons & Activities To Build Confidence, Problem Solve, Grow Skills, And Become Resilient in 31 Days by Sydney Sheppard

Therapy Games for Teens: 150 Activities to Improve Self-Esteem, Communication, and Coping Skills by Kevin Gruzewski CTRS

Limitless Confidence For Teens: Build Unshakeable Self Confidence, Claim Happiness, and Become Your Best Self by Ava Montgomery

Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress Paperback

Career Planning for Teens: Discover The Proven Path to Finding a Successful Career That's Right for You!

Spread Your Wings: A Guided Self Discovery Journal for Kids and Teens--Build Creativity and Confidence with Journal Prompts, Writing Activities, Coloring Pages and More! Paperback – March 1, 2020

The Ultimate Self-Esteem Workbook for Teens: Overcome Insecurity, Defeat Your Inner Critic, and Live Confidently (Health and Wellness Workbooks for Teens)

Young Adult/Adults: Spanish

Los 7 hábitos de los adolescentes altamente efectivos: La mejor guía práctica para que los jóvenes alcancen el éxito / The 7 Habits of Highly Effective Teens (Spanish Edition) by Sean Covey

Soñar no cuesta nada by Alberto Montt

Los hábitos de un cerebro feliz (Salud Y Vida Natural) (Spanish Edition)

~~Hábitos atómicos: Cambios pequeños, resultados extraordinarios (Spanish Edition) by James Clear~~

~~Los Cuatro Acuerdos: Una Guía Práctica Para La Libertad Personal (Spanish Edition) by Don Miguel Ruiz~~

~~El Diario de Auto-descubrimiento 365 by 21 Espiritual~~

Tu mejor versión (Spanish Edition) by Mike Bayer

Cree En Ti - by Rut Nieves

~~El libro de oro / The Book of Gold (Spanish Edition) by Alejandra Llamas~~

Descubre tu Pasión : Encuentra tu propósito y conviértelo en tu forma de vida. By Diana Henri

Las tres preguntas: ¿Quién soy? ¿Adónde voy? ¿Y con quién? (Spanish Edition) by Jorge Bucay

Déjame que te cuente / Let Me Tell You: Los cuentos que me enseñaron a vivir (Spanish Edition) by Jorge Bucay

El camino de las lágrimas / The Path of Tears: Reflexiones sobre el dolor y la pérdida (Spanish Edition) by Jorge Bucay

13 cosas que las personas mentalmente fuertes no hacen / 13 Things Mentally Strong People Don't Do (Spanish Edition) by Amy Morin

Qué harías si no tuvieras miedo / What Would You Do If You Weren't Afraid (Spanish Edition) by Borja Vilaseca

Procrastinacion / The Procrastination Equation (Spanish Edition) by Dr. Piers Steel

Cuestión de límites (Spanish Edition) by Nedra Glover

El sol y sus flores (Spanish Edition) by Rupi Kaur

El poder de los hábitos: Por qué hacemos lo que hacemos en la vida y los negocios / The Power of Habit: Why We Do What We Do in Life and Business: Por ... en la vida y los negocios (Spanish Edition) Paperback

Fin de la ansiedad en niños y adolescentes. Cómo ayudar a tus hijos a gestionar los miedos, el estrés y la ansiedad / The End of Anxiety in Children and Teen (Spanish Edition)

Querido yo: Vamos a estar bien (Spanish Edition)

Sé un adolescente feliz / Being a Happy Teen (Spanish Edition)