

HOSA MEDICAL READING HISTORY

2022-2023

Postsecondary / Collegiate and Secondary Divisions

- ***Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones*** by James Clear
- ***Every Deep-Drawn Breath: A Critical Care Doctor on Healing, Recovery, and Transforming Medicine in the ICU*** by Wes Ely, MD
- ***A Good Time to Be Born: How Science and Public Health Gave Children a Future*** by Perri Klass
- ***The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine*** by Janice Nimura
- ***The Kissing Bug: A True Story of a Family, an Insect, and a Nation's Neglect of a Deadly Disease*** by Daisy Hernandez

Middle School Division

- ***Seven Signs of Life: Unforgettable Signs from an Intensive Care Doctor*** by Aoife Abbey
- ***You're Going to Die! My Journey to Survive*** by Jesse Campbell
- ***Student Leadership Challenge: Five Practices for Becoming an Exemplary Leader*** by James Kouzes and Barry Posner

2021-2022

Postsecondary / Collegiate and Secondary Divisions

- ***The Poisoner's Handbook: Murder and the Birth of Forensic Medicine in Jazz Age New York*** by Deborah Blum
- ***What Patients Say, What Doctors Hear*** by Danielle Ofri, MD
- ***Chasing My Cure: A Doctor's Race to Turn Hope into Action*** by David Fajgenbaum
- ***Why We Get Sick: The Hidden Epidemic at the Root of Most Chronic Disease – and How to Fight It*** by Benjamin Bikman
- ***Teen Leadership Revolution: How Ordinary Teens Become Extraordinary Leaders*** by Tom Thelen

Middle School Division

- ***Chasing My Cure: A Doctor's Race to Turn Hope into Action*** by David Fajgenbaum
- ***Small Acts of Leadership: 12 Intentional Behaviors That Lead to Big Impact*** by G. Shawn Hunter
- ***Being Mortal: Medicine and What Matters in the End*** by Atul Gawande

2020-2021

Postsecondary / Collegiate and Secondary Divisions

- ***Identity Leadership: To Lead Others You Must First Lead Yourself*** by Stedman Graham
- ***The Magic Feather: The Science of Alternative Medicine & The Surprising***

- ***Power of Belief*** by Melanie Warner
- ***The Real Grey's Anatomy: A Behind the Scenes Look at the Real Lives of Surgical Residents*** by Andrew Holtz
- ***Epic Measures: One Doctor, 7 Billion Patients*** by Jeremy Smith
- ***Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference*** by Anthony Mazzarelli & Stephen Trzeciak

Middle School Division

- ***Make Your Bed: Little Things that Can Change Your Life...and Maybe the World*** by Admiral William H. McRaven
- ***The Germ Freaks Guide to Outwitting Colds & Flue: Guerilla Tactics to Keep Yourself Healthy at Home, at Work, and in the World*** by Allison Janse & Charles Gerba
- ***Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference*** by Anthony Mazzarelli & Stephen Trzeciak

2019-2020

Postsecondary / Collegiate and Secondary Divisions

- ***Spark: The Revolutionary New Science of Exercise and the Brain*** by John J Ratey
- ***The Radium Girls: The Dark Story of America's Shining Women*** by Kate Moore
- ***Becoming Dr. Q: My Journey from Migrant Farm Worker to Brain Surgeon*** by Alfredo Quinones-Hinojosa MD
- ***The Poison Squad: One Chemist's Single-Minded Crusade for Food Safety at the Turn of the Twentieth Century*** by Deborah Blum
- ***Grit: The Power of Passion and Perseverance*** by Angela Duckworth

Middle School Division

- ***Josie's Story: A Mother's Inspiring Crusade to Make Medical Care Safe*** by Sorrel King
- ***Don't Kill the Birthday Girl: Tales from an Allergic Life*** by Sandra Beasley
- ***Small Steps: The Year I Got Polio*** by Peg Kehret

2018-2019

Postsecondary / Collegiate and Secondary Divisions

- ***Leadership and Self-Deception: Getting out of the Box*** by The Arbinger Institute
- ***In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope*** by Rana Awdish
- ***Internal Medicine: A Doctor's Stories*** by Terrance Holt
- ***The Book of Blood: From Legends and Leeches to Vampires and Veins*** by HP Newquist
- ***Complications: A Surgeon's Notes on an Imperfect Science*** by Atul Gawande

Middle School Division

- ***The Book of Blood: From Legends and Leeches to Vampires and Veins*** by
HOSA Medical Reading History

HP Newquist

- **Making Rounds with Oscar: The Extraordinary Gift of an Ordinary Cat** by David Dosa, M.D.
- **Throwaway Players** by Gay Culverhouse

2017-2018

PSC & SS

- **Into the Magic Shop** by James Doty, MD
- **Idiot Brain** by Dean Burnett
- **The Happiness Advantage** by Shawn Achor
- **Bubonic Panic** by Gail Jarrow
- **Losing Face** by Kathie Torpie

MS

- **Every Patient Tells a Story** by Lisa Sanders
- **Wonder** by RJ Palacio
- **The Deadly Dinner Party** by Jonathan Edlow

2016-17

PS/C & SS

- **Wonder** by Raquel Palacio
- **Dr. Mutter's Marvels** by Cristin O'Keefe Aptowicz
- **Extreme Medicine** by Dr. Kevin Fong
- **The Man Who Touched His Own Heart** by Rob Dunn
- **The Secret: What Great Leaders Know & Do** by Ken Blanchard & Mark Miller

MS

- **Gifted Hands** by Dr. Ben Carson
- **The Pact** by Sampson Davis, George Jenkins & Rameck Hunt
- **The First Woman Doctor** by Rachel Baker

2015-16

- **Josie's Story** by Sorrel King
- **Being Mortal** by Atul Gawande
- **Dentist Goes Animal** by David Fagan
- **The Woman Who Knew Too Much** by Gayle Greene
- **Taking People with You** by David Novak

2014-15

- **Living and Dying in Brick City** by Sampson Davis, MD
- **What Every Body is Saying** by Joe Navarro
- **How They Croaked** by Georgia Bragg
- **The Running Dream** by Wendelin Van Draanen
- **Throwaway Players** by Gay Culverhouse

2013-14

- ***Fragile Beginnings: Discoveries and Triumphs in the Newborn ICU*** by Adam Wolfberg, MD
- ***The Pact: Three Young Men Make a Promise and Fulfill a Dream*** by Sampson Davis, George Jenkins, Rameck Hunt, and Lisa Frazier Page
- ***Making Rounds with Oscar: The Extraordinary Gift of an Ordinary Cat*** by David Dosa
- ***What Ails the White House: An Introduction to the Medical History of the American Presidency*** by Jay W. Murphy, MD
- ***Lessons From the Mouse: A Guide For Applying Disney World's Secrets of Success to Your Organization, Your Career, and Your Life*** by Dennis Snow

2012-13

- ***Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School*** by John Medina
- ***The Third Wave: A Volunteer Story*** by Alison Thompson
- ***Don't Kill the Birthday Girl: Tales from an Allergic Life*** by Sandra Beasley
- ***The End of Illness*** by David B. Agus, M.D.
- ***The Deadly Dinner Party: and Other Medical Detective Stories*** by Dr. Jonathan A. Edlow

2011-12

- ***Breakthrough!: How the 10 Greatest Discoveries in Medicine Saved Millions and Changed Our View of the World*** by Jon Queijo
- ***The Blue Death: The Intriguing Past and Present Danger of the Water You Drink*** by Robert D. Morris
- ***The Checklist Manifesto: How to Get Things Right*** by Atul Gawande
- ***Every Patient Tells a Story: Medical Mysteries and the Art of Diagnosis*** by Lisa Sander
- ***Diagnoses from the Dead: The Book of Autopsy*** by Richard Prayson
- ***Body of Work: Meditations on Mortality from the Human Anatomy Lab*** by Christine Montross

2010-2011

- ***The Anatomist: A True Story of Gray's Anatomy*** (Paperback) by Bill Hayes, September 2009.
- ***Dr. Fisher's Life on the Ark: Green Alligators, Bushman, and Other "Hare-Raising" Tales*** (Hardcover) by Lester E. Fisher, June 2004.
- ***Cheating Death*** (Hardcover) by Sanjay Gupta, MD, October 2009.
- ***My Stroke of Insight: A Brain Scientist's Personal Journey*** (Paperback) by Jill Bolte Taylor, July 2008.
- ***How Not to Die: Surprising Lessons from America's Favorite Medical Examiner*** (Paperback) by Jan Garavaglia M.D., September 2009.

2009-2010

- **Better: A Surgeon's Notes on Performance** [by Atul Gawande](#)
- **Final Exam: A Surgeon's Reflections on Mortality** [by Pauline W. Chen](#)
- **Gifted Hands: The Ben Carson Story** [by Ben Carson](#), December 1996.
- **Dark Remedy: The Impact of Thalidomide and Its Revival as a Vital Medicine** by Trent Stephens and Rock Brynner
- **The Last Lecture** by Randy Pausch

2008-2009

- **The Scalpel and the Silver Bear** by [Lori Alvord](#) and [Elizabeth Cohen Van Pelt](#),
- **Caring for Patients from Different Cultures** by Geri-Ann Galanti
- **Small Steps: The Year I Got Polio** by Peg Kehret
- **Body of Work: Meditations on Mortality from the Human Anatomy Lab** by Christine Montross

2007-2008

- **Another Day in the Frontal Lobe: A Brain Surgeon Exposes Life on the Inside** (Paperback) by [Katrina Firlik](#), Reprint June 12, 2007.
- **Water With Lemon: An Inspiring Story of Diet-free, Guilt-free Weight Loss!** (Paperback) by [Zonya Foco](#) and [Stephen Moss](#), January 2007.
- **A Cup of Comfort for Nurses: Stories of Caring And Compassion** (Paperback) by Colleen Sell, March 2006.
- **A Random Act: An Inspiring True Story of Fighting to Survive and Choosing to Forgive** (Paperback) by [Cindi Broaddus](#) and [Kimberly Lohman Suiters](#), March 2006.
- **Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying** (Paperback) by Maggie Callanan and Patricia Kelley, February 1997.

2006-2007

- **The Pact** by [Sampson Davis](#), [George Jenkins](#), [Rameck Hunt](#), [Lisa Frazier Page](#), Riverhead Trade; Reissue edition, May 6, 2003.
- **Baby ER : The Heroic Doctors and Nurses Who Perform Medicine's Tiniest Miracles** by [Edward Humes](#), Simon & Schuster, May 19, 2004.
- **The First Woman Doctor** by [Rachel Baker](#), Scholastic Paperbacks; Reissue edition (October 1, 1987)
- **The Cruellest Miles** by [Gay Salisbury](#), [Laney Salisbury](#), W. W. Norton & Company; Reprint edition February 7, 2005.

- ***The Germ Freak's Guide to Outwitting Colds and Flu : Guerilla Tactics to Keep Yourself Healthy at Home, at Work and in the World*** by [Allison Janse](#), [Charles Gerba](#), HCI, September 15, 2005.

2005-2006

- ***Not Fade Away*** by [Laurence Shames](#) and [Peter Barton](#), 2004.
- ***The Woman with a Worm in her Head: and other True Stories*** by [F. Gonzalez-Crussi](#) (Foreword), [Pamela Nagami](#), 2002.
- ***Second Opinions*** by [Jerome, M.D. Groopman](#), 2001.
- ***Sam: The Boy Behind the Mask*** by Tom Hallman, 2003.
- ***My Pocket Mentor*** by [Sandra Gaviola](#), 2004.

2004-2005

- ***Complications: A Surgeon's Notes on an Imperfect Science*** by Atwul Gawande
- ***Dark Remedy*** by Trent Stephens
- ***The Traveler's Gift: Seven Decisions That Determine Personal Success*** by [Andy Andrews](#)
- ***Dead Men Don't Tell Tales: The Strange and Fascinating Cases of a Forensic Anthropologist*** by [Michael Browning](#), [William R. Maples](#)
- ***Power Sleep*** by [James](#) B. Maas

2003-2004

- London, Oscar. ***Kill as Few Patients as Possible***. Ten Speed Press; 10th edition (May 1987)
- Crichton, Michael. ***Five Patients: The Hospital Explained***. Bt Bound; (May 2000)
- Albom, Mitch and Stacy Creamer. ***Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson***. Broadway Books; (October 8, 2002)
- Manning, Greg. ***Love, Greg and Lauren***. Bantam Doubleday Dell Pub (Trd Pap); Updated edition (August 13, 2002)
- Carson, Ben. ***Gifted Hands***. Zondervan; (December 8, 1996)

2002-2003

- Cousins, Norman, ***Anatomy of an Illness as Perceived by the Patient: Reflections on Healing and Regeneration***. Norton Publishing
- Fourteen Friends. ***The Fourteen Friends Guide to Eldercaring: Practical Advice, Inspiration, Shared Experiences, Space for your Thoughts***, Broadway Books.
- Matthews Andrew, ***Follow Your Heart***, Price Stern Sloan.

- Mehren, Elizabeth, ***Born Too Soon***, Kensington Publishing Corp.
- White and Cunningham, ***Ryan White: My Own Story***, Signet.

2002 - 2001

- Heron, Echo. ***Intensive Care: The Story of a Nurse***. Mass Market Paperback.
- Williams, Donna. ***Nobody Nowhere: The Extraordinary Autobiography of an Autistic***. Avon Books.
- Biro, David. ***One Hundred Days: My Unexpected Journey from Doctor to Patient***. Vintage.
- Verghese, Abraham. ***My Own Country. A Doctor's Story***. Vintage.
- Boylan, Bob. ***Get Everyone in Your Boat Rowing in the Same Direction***. Adams Media Corp.

2000-2001

- Gottlieb. ***Stick Figure***. Simon & Schuster.
- Justice, Blair. ***Who Gets Sick – How Beliefs, Moods and Thoughts Affect Your Health***, Park Printing.
- Sebban, Anne. ***Mother Teresa, Beyond the Image***. Doubleday.
- Synderman, Nancy L., MD. ***Necessary Journeys***. Hyperion.
- Bohjalian, Chris A. ***Midwives***. Vintage Books.

1999-2000

- Carson, Ben, M.D. ***Gifted Hands***, Zondervan Publishing House.
- Maas, James B. ***Power Sleep***, HarperCollins.
- Davis, Eric. ***Born to Play***, Signet.
- Fink, Carolyn Parnall. ***On Duty***.
- Galanti, Geri Ann. ***Caring for Patients from Different Cultures***, UPA Press.

1998 – 1999 (Pilot)

- Epstein, Fred J. ***Gifts of Time***,
- Belkin, Lisa. ***First, Do No Harm***,
- Mahoney, David, and Restak, Richard, ***The Longevity Strategy***, John Wiley and Sons, Inc.
- Credit, Larry P., Hartunian, Sharon G., Nowak, Margaret J., ***Your Guide to Complementary Medicine***,
- Hesselbein, Frances, Goldsmith, Marshall, and Beckhard, Richard, editors, ***The Drucker Foundation: The Leader of the Future***, Josey-Bass, Inc., Publishers, 1996.

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