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 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...**

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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

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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 Sorrell 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

- **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.
- **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
- **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

- **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.

2006-2007

- **The First Woman Doctor** by Rachel Baker, Scholastic Paperbacks; Reissue edition (October 1, 1987)

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.
• Sam: The Boy Behind the Mask by Tom Hallman, 2003.

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

• 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)
• 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
• Matthews Andrew, Follow Your Heart, Price Stern Sloan.
• White and Cunningham, *Ryan White: My Own Story*, Signet.

**2002 - 2001**

• Heron, Echo. *Intensive Care: The Story of a Nurse*. Mass Market Paperback.
• Biro, David. *One Hundred Days: My Unexpected Journey from Doctor to Patient*. Vintage.

**2000-2001**

• Gottlieb. *Stick Figure*. Simon & Schuster.
• Sebban, Anne. *Mother Teresa, Beyond the Image*. Doubleday.
• Synderman, Nancy L., MD. *Necessary Journeys*. Hyperion.

**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*.
• Credit, Larry P., Hartunian, Sharon G., Nowak, Margaret J., *Your Guide to Complementary Medicine*,