HOSA Medical Reading History

2023-2024
Postsecondary / Collegiate and Secondary Divisions
- **How the Other Half Eats: The Untold Story of Food and Inequality in America** by Priya Fielding-Singh
- **A Molecule Away From Madness: Tales of the Hijacked Brain** by Sarah Manning Peskin
- **The Facemaker: A Visionary Surgeons’ Battle to Mend the Disfigured Soldiers of World War I** by Lindsey Fitzharris
- **All That Moves Us: A Pediatric Neurosurgeon, His Young Patients and Their Stories of Grace** by Jay Wellons
- **Wonder Drug: 7 Scientifically Ways That Serving Others Is the Best Medicine for Yourself** by Stephen Trzcaciak, MD & Anthony Mazzarelli, MD

Middle School Division
- **On Fire: The 7 Choices to Ignite a Radically Inspired Life** by John O’Leary
- **Don’t Kill the Birthday Girl: Tales from an Allergic Life** by Sandra Beasley
- **All That Moves Us: A Pediatric Neurosurgeon, His Young Patients and Their Stories of Grace** by Jay Wellons

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 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 & Flu: 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

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• 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 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

HOSA Medical Reading History

Updated June, 2023
• **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 Wollberg, 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.

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 Suiter](#), 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.

• **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

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• 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


• 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.


• Biro, David. **One Hundred Days: My Unexpected Journey from Doctor to Patient**. Vintage.

• Verghe, 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.

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

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