

HOSA MEDICAL READING HISTORY

2025-2026

In celebration of HOSA-Future Health Professionals, several book selections for 25-26 reflect books used in previous decades in the Medical Reading event.

Postsecondary / Collegiate and Secondary Divisions

- ***Gifted Hands*** by Dr. Ben Carson
- ***First Do No Harm*** by Lisa Belkin
- ***Tuesdays with Morrie*** by Mitch Albom
- ***Being Mortal*** by Atul Gawande
- ***Ultra Processed People*** by Dr. Chris Van Tullekan

Middle School Division

- ***Gifted Hands*** by Dr. Ben Carson
- ***Wonder*** by RJ Paladcio
- ***Chasing My Cure: A Doctor's Race to Turn Hope into Action*** by Dr. David Fajgenbaum

2024-2025

Postsecondary / Collegiate and Secondary Divisions

- ***Borrowing Life: How Scientists, Surgeons, and a War Hero Made the First Successful Organ Transplant a Reality*** by Shelley Fraser Mickle
- ***Twice as Hard: The Stories of Black Women Who Fought to Become Physicians, from the Civil War to the 21st Century*** by Jasmine Brown
- ***What Happened to You?: Conversations on Trauma, Resilience, and Healing*** by Oprah Winfrey and Bruce D. Perry
- ***Written in Bone: Hidden Stories in What We Leave Behind*** by Sue Black
- ***The Wisdom of the Bullfrog: Leadership Made Simple (But Not Easy)*** by Admiral William H. McRaven

Middle School Division

- ***Gut: The Inside Story of Our Body's Most Underrated Organ*** by Giulia and Jill Enders
- ***Our Iceberg is Melting*** by John Kotter and Holger Rathgeber
- ***Relentless Optimism: How a Commitment to Positive Thinking Changes Everything*** by Darrin Donnelly

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 Trzeciak, MD & Anthony Mazzealli, 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

- **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
- **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 [E. 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.

2001 - 2002

- 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.