

List of books for the Good Reads Tic Tac Toe 2019

1. “My beloved World” by Sonia Sotomayor

The first Latin-American and only the third female to be appointed to the Supreme Court of the United States of America. She has become a contemporary American icon. This justice narrates her inspiring story; a young immigrant, her family tribulations, struggles with her own health and how besides all that how she achieves her dreams.

2. “Girl, Stop Apologizing” by Rachel Hollis

This author and host of the R.I.S.E. podcast, has been a personal inspiration as well as inspiring millions of followers and readers. Rachel knows that many women define their identity in light of other’s opinions. While you read this book, you will feel challenged to let go and create confidence and believe in yourself.

3. “The Alchemist” by Paulo Coelho

One of my favorite books! This book has been translated to more than 63 languages and it has sold more than 65 million copies worldwide. It tells the story of a man that is finding his own destiny and follows his dreams.

4. “Becoming” by Michelle Obama

Regardless of your political affiliations, this book should be read. It provides perspective into the life of a family in politics, the life in the White House and aside of our society that we should all discover. This first lady was distinguished for defending women and children across America and the world. Michelle Obama promoted a healthy and active lifestyle for all families, something that I am very passionate about. On this autobiography, the first lady narrates how through her own struggles finds her own voice.

5. “B is for Bilingual” by Leila Díaz-Thamer

For obvious reasons this book makes it on this Reading list for 2019. After years of finding ways to introduce and educate my daughters into the importance of learning both English and Spanish, this book was born. I am very passionate about sharing this book as tool to introduce another language and inspire families to learn new languages.

6. “When I was Puerto Rican” by Esmeralda Santiago

On this inspiring novel, the author recreates her own story from her early years into becoming a Harvard graduate.

7. “The House of the Spirits” by Isabel Allende

This is the first novel of this Chilean autor. It has been translated into several languages and it was turned into a movie performed by actors Jeremy Irons, Meryl Streep, Glenn Close, Winona Ryder and Antonio Banderas. This

captivating story connects the mystical to the spirit world as it bring topics of love, family, politics and other ideals.

8. “How not to die” by Dr. Michael Greger

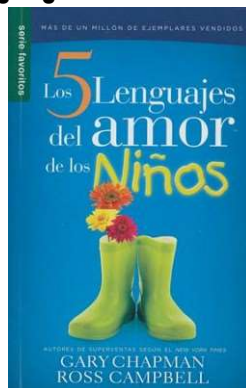
A healthy lifestyle is what I aspire daily. This book shows research results and scientific studies that will help you improve your daily eating habits in order to prevent diseases and promote better health.

9. “The 5 Love Languages” by Gary Chapman

I must admit that the first time I came across this book I was skeptical to the thought of “classifying love”. However, after years of marriage and the willingness of truly understanding relationships, I understood what the author intends to express and it has changed my perspective. It is not a classification but more an explanation of ways we express our feelings and experiment love in our lives. It helps to understand ourselves as well as others.

Bonus:

“The 5 Love Languages of Children” by Gary Chapman



In this book, Dr. Gary Chapman helps parents to speak the love language of children. Every child, just like every adult, expresses and receives love through 5 different ways of communication. Discover them to create and increase harmony at home, a sense of respect and emotional health among our boys and girls.