

## Books About Self Discipline

Adler, David. *George Washington An Illustrated Biography*. From his childhood to his position as the first president of the United States, a comprehensive biography takes a look at the accomplishments of this American icon as a man, general, president, and founding father.

Adler, David. *A Picture Book of Martin Luther King, Jr.* A brief, illustrated, biography of the Baptist minister and civil rights leader whose philosophy and practice of nonviolent civil disobedience helped American blacks win many battles for equal rights.

Ata, Te. *Baby Rattlesnake*. Willful Baby Rattlesnake throw tantrums to get his rattle before he's ready, but he misuses it and learns a lesson.

Bang, Molly. *When Sophie Gets Angry – Really, Really Angry...* A young girl is upset and doesn't know how to manage her anger but takes the time to cool off and regain her composure.

Curtis, Jamie. *It's Hard to be Five: Learning How to Work My Control Panel*. A child finds that learning to have self control is hard, but it can also be fun.

Demi. *Buddha*. A young reader's introduction to the Buddha follows Prince Siddhartha's privileged childhood, his decision to leave his easy life behind for a quest for the truth about human suffering, and his remarkable spiritual journey that culminated in his enlightenment.

McCain, John. *Character Is Destiny: Inspiring Stories Every Young Person Should Know and Every Adult Should Remember*. A volume of moral and ethical lessons for parents to share with their children presents a collection of original profiles of individuals who exemplify such qualities and values as diligence, forgiveness, humor, confidence, and honesty.

Polacco, Patricia. *Mr. Lincoln's Way*. When Mr. Lincoln, "the coolest principal in the whole world," discovers that Eugene, the school bully, knows a lot about birds, he uses this interest to help Eugene overcome his intolerance.

Robinson, Sharon. *Promises to Keep*. A biography of baseball legend Jackie Robinson, the first African American to play in the major leagues, as told by his daughter.

Thompson, Gare. *Who Was Helen Keller*. A biography of the woman who, with the assistance of her devoted teacher Annie Sullivan, achieved success and fame despite being blind and deaf.