

**A Book List**  
**Catholic Education, Equity, Diversity, Indigenous Education and Parenting**

Title	Author	Availability	*Price
How to be a Mindful Christian- 40 Simple Spiritual Practices	Sally Welch	Indigo.ca	\$19.00
How to be a Mindful Christian	Sally Welch	Indigo.ca	\$23.00
Fresh Bread and Other Gift of Spiritual Nourishment	Joyce Rupp	Indigo.ca	\$20.00
Catholic Spiritual Practices - a Treasury of Old and New	Colleen M. Griffith	Indigo.ca	\$24.00
A Handbook for Today's Catholic	F. G. George	Amazon.ca	\$9.00
52 Simple Ways to Talk with Your Kids about Faith	Jim Campbell	Amazon.ca	\$16.00
How to Raise Good Catholic Children	Mary R. Newland	Amazon.ca	\$24.00
How to Be an Antiracist	Ibram X Kendi	Indigo.ca	\$36.00
So You Want to Talk About Race	Ijeoma Oluo	Indigo.ca	\$23.00
White Fragility	Robin DiAngelo	Indigo.ca	\$22.00
Difficult Conversations with a Black Man	Emmanuel Acho	Indigo.ca	\$26.00
The Book of Negroes	Brit Bennett	Indigo.ca	\$21.00
Washington Black	Esi Edugan	Indigo.ca	\$25.00
The Underground Railroad	Colson Whitehead	Indigo.ca	\$23.00
The Other Black Girl	Zakiya Dalila Harris	Indigo.ca	\$25.00
Conversations with White People	IC Bailey	Amazon.ca	\$40.00
The Vanishing Half	Brit Bennett	Indigo.ca	\$24.00
The Myth of the Model Minority	R. S. Chou & J.R. Feagin	Amazon.ca	\$40.00
Chop Suey Nation	Anna Hui	Indigo.ca	\$25.00
Being Chinese in Canada	W. G. Wee Dere	Indigo.ca	\$27.00
Minor Feelings – An Asian American Reckoning	Cathy Park Hong	Indigo.ca	\$24.00
China Men	Maxine H. Kingston	Indigo.ca	\$23.00
The Woman Warrior	Maxine H. Kingston	Amazon.ca	\$22.00
21 Things About the Indian Act	Bob Joseph	Indigo.ca	\$20.00
Indigenous Relations Insights, Tips & Suggestions to Make Reconciliation a Reality	Bob Joseph	Indigo.ca	\$20.00
Five Little Indians	Michelle Good	Indigo.ca	\$23.00
Seven Fallen Feathers	Tanya Talaga	Indigo.ca	\$23.00
Unreconciled	Jesse Went	Indigo.ca	\$30.00
From the Ashes	Jesse Went	Indigo.ca	\$25.00
The Strangers	Katherena Vermette	Indigo.ca	\$30.00
Braiding Sweetgrass	Robin Wall Kimmerer	Indigo.ca	\$27.00
Life in the City of Dirty Water	Clayton Thomas-Muller	Indigo.ca	\$30.00
An Inconvenient Indian	Thomas King	Indigo.ca	\$22.00
Connected Parenting – How to Raise a Good Kid	Jennifer Kolari	Amazon.ca	\$21.00

You're Ruining My Life – Surviving the Teenage Years with Connected Parenting	Jennifer Kolari	Amazon.ca	\$21.00
Parenting: 14 Gospel Principles that can Radically Change your Family	Paul D. Trip	Indigo.ca	\$30.00
Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids	Hunter Clarke-Fields	Amazon. ca	\$21.00
How to Talk to Kids so They Can Listen at Home and at School	Adele Faber	Indigo.ca	\$23.00
The Whole Brain Child	Daniel J. Siegel	Indigo.ca	\$23.00
Self-Reg: How to Help your Child (and You) Break the Stress Cycle and Successfully Engage with Life	Dr. Stuart Shanker	Indigo.ca	\$20.00
The Gift of Failure – How the Best Parents Can Learn to Let Go So Their Children Can Succeed	Jessic Lahey	Indigo.ca	\$20.00
The Conscious Parent -transforming ourselves and empowering our children	Shefali Tsabary	Indigo.ca	\$30.00
The Leader in Me – How Schools and Parents Around the World Are Inspiring Greatness, One Child at a Time	Stephen R. Covey	Amazon.ca	\$25.00
Breaking The Good Mom Myth	Alyson Schafer	Indigo.ca	\$18.00
Ain't Misbehavin: Tactics or Tantrums	Alyson Schafer	Indigo.ca	\$18.00
Honey, I Wrecked the Kids	Alyson Schafer	Indigo.ca	\$18.00
The Bully, the Bullied and the Bystander: From Preschool to High School and Beyond	Barbara Coloroso	Indigo.ca	\$20.00
Kids are Worth it!	Barbara Coloroso	Indigo.ca	\$19.00

\*Please Note:

- Approximate cost on regular pricing for paperback copies
- Prices for audio or e-book may vary
- Special pricing may be available at Amazon.ca or Indigo.ca