

EDUCATING THE HEART RESOURCES LIST

Books

Character Education (caring, compassion, kindness, respect)

Cormier, Robert

The Chocolate War

Pantheon, 1974

A high school freshman discovers the devastating consequences of refusing to join in the school's annual fund raising drive and arousing the wrath of the school bullies.

Fleishman, Paul

Whirligig

Henry Holt, 1998

While traveling to each corner of the country to build a whirligig in memory of the girl whose death he causes, sixteen-year-old Brian finds forgiveness and atonement.

Gallo, Donald, editor

No Easy Answers: Short Stories About Teenagers Making Tough Choices

Delecorte Press, 1997

How did I get myself into this? Is seemed like a good idea at the time. What do I do now? How do I get myself out of this? I'm sorry. Teenagers frequently utter this questions and statements when they "find themselves in situations that test the strength of their character," and Gallo masterfully uses them as the five sections into which teenagers have "to make choices to face the consequences of their actions, to consider what it means to 'do the right things.'"

Lee, Harper

To Kill a Mockingbird

Lippincott, 1960

The south of the 1930s is seen through the eyes and actions of Scout and Jem, as they are guided by their father, the lawyer, Atticus Finch.

Lewis, Barbara

What Do You Stand For? A Kid's Guide to Building Character

Free Spirit Publishers, 1998

Text, anecdotes, and activities direct the reader to explore and practice honesty, kindness, empathy, integrity, tolerance, and more.

Magorian, Michelle

Good Night, Mr. Tom

HarperCollins, 1982

A battered child learns to embrace life when he is adopted by an old man in the English countryside during the Second World War.

Thomas, Rob

Doing Time: Notes from the Undergrad

Simon & Schuster, 1997

This thematically connected collection of short stories examines the experiences 10 teen with mandatory volunteerism. In order to graduate, students at Robert E. Lee High School must complete 200 hours of community service. Some of the students mean well, others are just “doing time.” But for most, their volunteer experiences aren’t what they expect.

Wolff, Virginia Euwer

Bat 6

Scholastic Press, 1998

In Bear Creed Ridge and Barlow, two small Oregon towns, everyone looks forward to the annual Bat 6 girls’ softball game. The game of 1949 is extra special, marking the 50th anniversary of the good-natured competition. However, this year, unsettled conflicts of World War II cut the game short and cause both the adults and children to examine their own roles in the unresolved issues surrounding the treatment of Japanese Americans during the war.

Dalai Lama XIV

His Holiness the Dalai Lama

Ethics for the New Millennium

Riverhead Books, 1999

The Dalai Lama present an ethical system that is based on common sense and reason, as opposed to religious dogma or punitive legislation, but has as its goal ultimate happiness for every individual. He demonstrates that we human beings are better than we think we are, and that a society and a life that cultivate love and compassion are completely within our reach. If enough people operate from the understanding of their “original purity,” a global revolution of peace will ensue.

His Holiness the Dalai Lama and Howard C. Cutler, M.D.

The Art of Happiness: A Handbook for Living

Riverhead Books, 1998

Through conversations, stories, and meditations, the Dalai Lama shows how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life’s obstacles on a deep and abiding source of inner peace.

His Holiness, The Dalai Lama of Tibet

My Land and My People

McGraw-Hill, 1962

This autobiography of the Dalai Lama, published shortly after his exile from Tibet in 1959, details his early life, his short reign in Tibet, and his efforts to work with the Chinese before leaving his country to establish an exile government in India. Appendices with Buddhist principles and various appeals to the United Nations are included.

Dalai Lama XIV

Freedom in Exile: the Autobiography of the Dalai Lama

Harper Collins, 1990

The Dalai Lama's story is, in part, a chapter in the 2,500-year history of Buddhism as well as a testament to the "mendacity and barbarity" of Communist China. He shares the details of his amazing life, a glimpse at some of the mysteries of Tibetan Buddhism, and his unshakable belief in the basic good of humanity.

Friese, Kai

Tenzin Gyatso, the Dalai Lama

Series: World Leaders, Past and Present

Chelsea House, 1989

Written interestingly enough to appeal to nearly any age group, this book is full of little-known information about the Dalai Lama, the origins of the office with the Mongols, the mystic and state-upholding search for each new one, the exile of the present on to India, and the persecution by the Chinese of the Tibetans in this century. Tenzin Gyatso, the present Dalai Lama, whose writings have already received worldwide attention, has set up a little Tibet in India in order to preserve the language, the customs, and the Tibetan religion of Lamaism. He has tremendous support among his people, both in India and in Tibet, where people come out by the thousands to view and pay homage to his brothers. India, wanting to stay on the good side of China is caught in the middle, allowing him to stay, but not doing much overtly to help.

Pandell, Karen

Learning from the Dalai Lama: Secrets of the Wheel of Time

Dutton, 1995

A report, via photographs, of the 1991 visit of the Dalai Lama to Madison Square Garden in New York City to share the making of Kalachakra (Wheel of Time Mandala), a sacred Buddhist teaching.

Perez, Louis G.

The Dalai Lama

Series: World Leaders

Rourke, 1993

Tells of the Dalai Lama's lonely childhood, nonviolent struggle for his people, years in exile, and current impact.

Comparative Religion/Buddhism

Gellman, Marc and Thomas Hartman

How Do You Spell God? Answers to the Big Questions from Around the World

Morrow, 1995

This survey of a variety of religions poses major questions about life the presents answers according to the beliefs of Judaism, Islam, Christianity, Buddhism, and Hinduism.

Raimondo, Lois

The Little Lama of Tibet

Scholastic, 1994

A child is recognized as the new incarnation of Ling Rinpoche, the late tutor of the Dalai Lama. He lives in exile in the mountains of Dharmamsala, India, studying scriptures, reading religious stories, and otherwise preparing spiritually to pass on Buddhist teaching to his people. This young monk was six years old during the year when Raimondo was granted permission to interview and photography him. Her photographs are reproduced in full color, providing unparalleled glimpses of his daily discipline and that of those who teach him. The Tibetan alphabet is reproduced on the endpapers.

Wangu, Madhu Bazaz

Buddhism

Facts on File, 1993

Presents the story of Buddhism's origins and growth through the centuries, discussing its basic philosophy and the evolution of the three major schools of Buddhist thought.

Literature

Dickinson, Peter

Tulku

Dutton, 1979

Surviving a Boxer massacre of a Christian mission in China, thirteen-year-old Theodore accompanies an eccentric British plant collector and her guide-lover through danger-laden territory to Tibet and a Buddhist monastery.

Hesse, Hermann

Siddhartha

Translated by Hilda Rosner.

New Directions, 1951

The young Indian Siddhartha endures many experiences in his search for the ultimate answer to the question, what is humankind's role on earth? He is also looking for the solution to loneliness and discontent, and he seeks that solution in the way of a wandered, the company of a courtesan, and the high position of a successful businessman. His final relationship is with a humble but wise

ferryman. This an allegory that examines love, wealth, and freedom while the protagonist struggles toward self-knowledge.

Hilton, James

Lost Horizon

Morrow, 1995 (c1933)

Hugh Conway is a British consul at Baskul when trouble erupts in 1931 and all civilians are evacuated. He and three others board a plane lent by a Maharajah. After they are airborne for several hours, they realize that they are headed in the wrong direction. When the pilot finally lands, the passengers find themselves in Shangri-La, a utopian lamasery whose inhabitants know the secret of attaining long life. Believing that war is going to destroy all civilization, the High Lama summons the newcomers to form the nucleus of a new civilization.

Timpanelli, Gioia

Tales from the Roof of the World: Folktales of Tibet

Viking, 1984

Four unusual and uniquely Tibetan folktales—tales of karma and luck, magic and love, comeuppance and forgiveness—are presented with Buddhist symbols gracing the borders of each page. Notes at the end reveal the significance of these symbols. Tibetans have always been deeply religious, and both men and women make pilgrimages to Buddhist temples on top of mountains. Traveling slowly, the journey is twofold, inner and outer. An intriguing preface invites us not only to take the outward journey but also to look within at what these tales say to use and to take a journey inside ourselves as well.

Whitesel, Cheryl Aylward

Rebel: A Tibetan Odyssey

HarperCollins, 2000

Peacemaking

Carter, Jimmy

Talking Peace: A Vision for the Next Generation

Dutton Children's Books, 1995

Carter discusses the various factors involved in peace negotiations and conflict resolution, examining such elements as the living conditions of citizens in peacetime and wartime and the effect of international relations on innocent citizens. The former president writes in detail about Camp David, his work in Atlanta and his peace missions to Korea, Haiti, Bosnia, and Sudan.

Durell, Ann and Marilyn Sachs, editors

The Big Book for Peace

Dutton Books, 1990

The wisdom of peace and the absurdity of fighting are demonstrated in seventeen stories and poems by outstanding authors of today such as Jean Fritz, Milton Meltzer, and Nancy Willard, illustrated by famous illustrators such as Paul Zelinsky, the Dillons, and Maurice Sendak.

MacDonald, Margaret Read

Peace Tales: World Folktales to Talk About

Shoe String/Linnet, 1992

Tales and proverbs illustrate how suspicion, stubbornness, and fear cause conflict, and how cooperation, patience, and understanding help build loving relationships.

Keene, Anne T.

Peacemakers: Winners of the Nobel Peace Prize

Oxford Profiles series

Oxford University Press, 1998

An essay describing the establishment of the Nobel Peace Prize precedes chronologically organized profiles of all the individuals and organizations that have received the award since 1901.

Zimmerman, Richard

What Can I Do to Make A Difference? A Positive Action Sourcebook

MAL/Plume, 1992

A guide to humanitarian activism covering the environment, human welfare, animal rights, health issues, and world peace.

Tibet

Avedon, Joan

In Exile from the Land of Snows

Knopf, 1984

Chan, Victor

Tibet Handbook—A Pilgrimage Guide

Moon Publications, 1994

To complete this very comprehensive guide, Chan covered more than 42,000 kilometers inside Tibet traveling by foot, bus truck, horse, yak, and coracle. The book contains over 200 trekking itineraries, many of which follow important pilgrimage routes. In addition to being a pilgrimage guide, it also contains up-to-date practical information for travelers.

Marullo, Clara

The Last Forbidden Kingdom: Mustang, Land of Tibetan Buddhism

Tuttle, 1995

A survey of Mustang, a remote portion of western Tibet, which preserves Tibetan religious art and a Buddhist way of life, that is swiftly being subsumed by China.

Schmidt, Jeremy

Himalayan Passage: Seven Months in the High Country of Tibet, Nepal, China, India, and Pakistan

Mountaineer Books, 1991

The adventure-filled travels of 4 experienced mountaineers, on foot, by mountain bike, and in overcrowded buses and trucks, from Tibet to Sikkim.

Sis, Peter

Tibet: Through the Red Box

Farrar, 1998

Sis recounts his boyhood recollections of his father's disappearance while traveling on a filmmaking assignment to China and Tibet, and intersperses his glimpses of memories and imaginings with excerpts from his father's diaries and interpretations of Tibetan symbols, myths, and lore.

Harrer, Heinrich

Seven Years in Tibet

E. P. Dutton, 1954

An account of an Austrian mountain climber's escape from a British internment camp in India during World War II and his twenty-one-month journey through the Himalayas to safety in the Forbidden City of Lhasa in Tibet.

Magazine and Journal Articles

A Bow to Tibet. *Time Magazine*. October 16, 1989. p44.

Short piece on the awarding of the Nobel Peace Prize to the Dalai Lama.

Tibet's Agony by Maura Moynihan. *The New Republic*. November 20, 1989. pp. 10-11.

Overview of China's occupation and treatment of Tibet and the negative Chinese reaction to the awarding of the Nobel Peace Prize to the Dalai Lama.

Infinite Compassion: Real Happiness Lies at the End of Suffering by Tenzin Gyatso, Dalai Lama XIV. *Forbes Magazine*, October 2, 2000. p. 236

Presents the reflections of the Dalai Lama on truth and includes mention of the Chinese occupation of Tibet.

Letter from Little Lhasa by Ajay Singh. *American Spectator*, April 1999. p60-

Presents the views of three Tibetan exiles on the Dalai Lama's leadership and policy for seeking the independence for Tibet.

More Tibetans Flee Homeland by Kevin Platt. *Christian Science Monitor*, January 10, 2000. p. 8.

Reports on the departure of native Tibetans from China-controlled Tibet to India, including the exit of the Karmapa Lama, the highest-ranking religious leader to leave since the Dalai Lama.

A Century of Peace and Dialogue by Tenzin Gyatso, Dalai Lama XIV. *Vital Speeches of the Day*, April 15, 2000. p. 387-
Presents the March 10, 2000 speech by Tenzin Gyatso, His Holiness the 14th Dalai Lama, at the 41st anniversary of the Tibetan National Uprising in Dharamsala, India.

Several articles in *Faces Magazine*, October 1999.

Several articles in *Civilization Magazine*, December 1999/January 2000.