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*
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 of a 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 IV

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
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 Shangi-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

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

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.

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.

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.