

IGNITING LEADERS CHANGING LIVES

PiXL Reading

POST 16 NEWSLETTER



Welcome to the start of a new academic year!

We hope the summer break provided you with time to rest, reset and maybe even discover a great book or two! Whether you're finding your feet with new courses or continuing your studies from last academic year, it is important to remember that reading is a powerful tool – both for learning and for looking after your wellbeing.

As you settle into the new term, this newsletter offers a selection of books which may be of interest to you – whether you're looking to deepen your awareness around different areas, build strong study habits or simply escape into a great story, we hope there will be something for you within these pages. But, if nothing jumps out at you, don't stop looking! There's a world of books out there – you could explore your college library, local library, book shops or texts online – there's so many ways to get started with reading.

Whatever you choose to read, we hope you enjoy it and we wish you the very best for the first half term!



STRUGGLING TO FIND TIME TO READ?

When you're so busy at college with your studies, as well as any hobbies or volunteering you're committed to, finding time to fit in dedicated reading time can feel tricky.

Here are a few ideas to help you get started:

Set a mini-goal

It could be 10 pages a day, or 15 minutes a day – doing this will add up quickly and help you get into the habit of reading more regularly.

Put it in your schedule

Just like you would a hobby, or revision, plan where reading will fit into your day/week and stick to it like you would any other commitment!

Swap with screentime

You could start by swapping 15 minutes of TV or scrolling on your phone for reading a chapter or article before bed.

Carry a book with you or a Kindle

Use waiting time to squeeze in a few pages: it could be at a bus stop, between appointments, whilst waiting for dinner – whenever you have a few spare minutes. Avoid using reading apps on your phone so that notifications don't distract you!

Use audiobooks

If the act of reading isn't something you're used to at the moment or you struggle with reading, give audiobooks a try. You can listen to books whilst doing chores, travelling, working out or waiting for the bus!

To help you explore further ideas, such as habit stacking, check out ***Atomic Habits*** by **James Clear** – this book is referenced on page 4 of this newsletter!



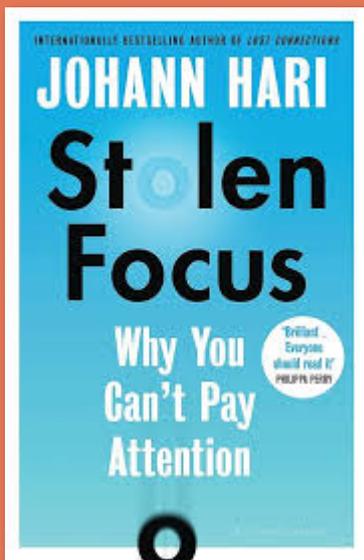
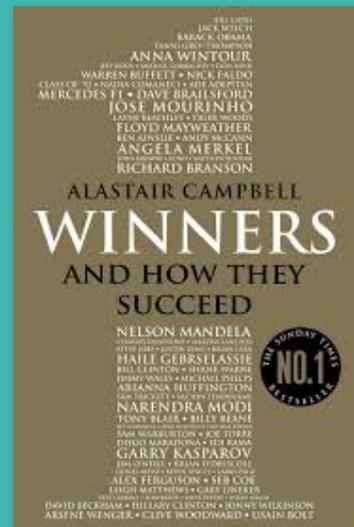
NON-FICTION

Books to help inspire you and support your approach to studying and mindset:

Winners: And How They Succeed

ALASTAIR CAMPBELL

How do sports stars excel, entrepreneurs thrive or individuals achieve their ambitions? Is their ability to win innate? Or is the winning mindset something we can all develop? Drawing on the wisdom of an array of people – from elite athletes to top managers, from rulers of countries to rulers of global business empires – Alastair Campbell gets to the heart of success in this book. He examines how winners tick, how they build great teams and analyses how they deal with unexpected setbacks – setting out a blueprint for winning that we can all follow.



Stolen Focus: Why You Can't Pay Attention

JOHANN HARI

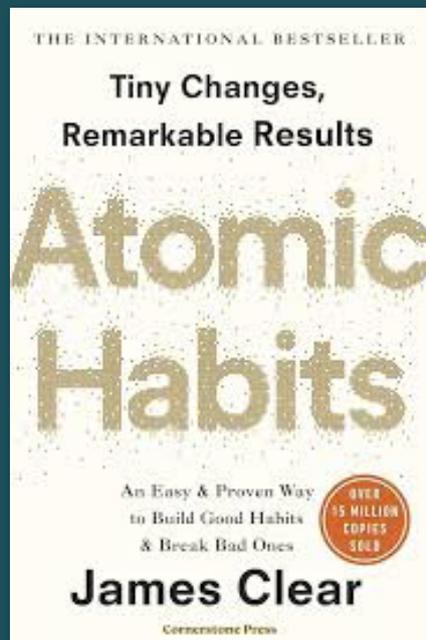
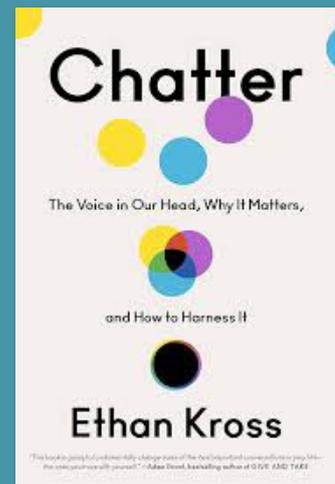
Is your ability to focus and pay attention in free fall? You are not alone. The average office worker now focuses on any one task for just three minutes. But it's not your fault. Your attention didn't collapse – it has been 'stolen'. In this book, internationally bestselling author Johann Hari shows twelve deep factors which are arguably harming our focus. He argues that once we understand them, we can take back our minds and reclaim our focus.

Chatter: The Voice in Our Head, Why It Matters, and How to Harness It

ETHAN KROSS

As humans, we all have a special ability that is unique to our species: an inner voice. It helps us focus, achieve our goals and reflect on life's most joyful moments. But, it can also be our biggest enemy – chewing over painful emotions and replaying embarrassments, hijacking our thoughts to run amok with 'chatter'.

In this book, award-winning neuroscientist and psychologist Ethan Kross reveals the sheer power of the inner voice and shows us that we all possess a set of tools for harnessing it.



Atomic Habits

JAMES CLEAR

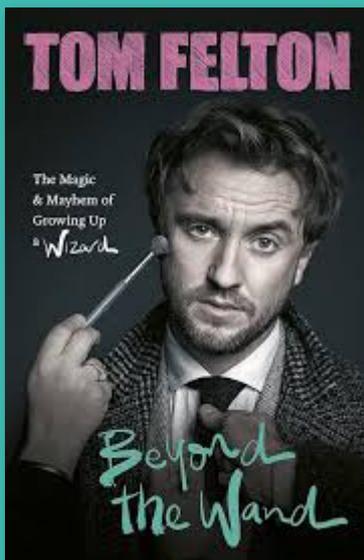
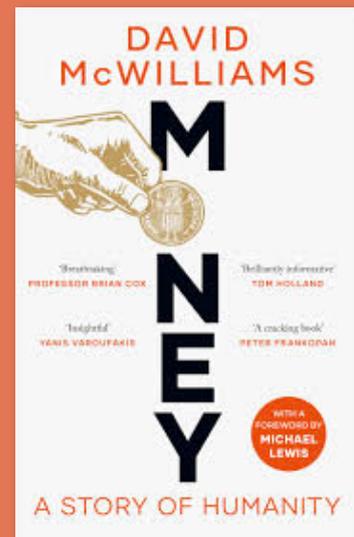
People think that when you want to change your life, you need to think big. But world-renowned habits expert, James Clear, has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early or holding a single short phone call. He calls them atomic habits. In this book, Clear reveals exactly how these changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks and delves into cutting-edge psychology and neuroscience to explain why they matter.

Books which may be of interest to you around different topics:

Money: A Story of Humanity

DAVID MCWILLIAMS

From clay tablets in Mesopotamia to today's cryptocurrency, global economist David McWilliams takes us on an epic journey of innovation, disruption and transformation that is an astonishing new history of our species. The question is: over 5,000 years, have we changed money or has money changed us?



Beyond the Wand: The Magic and Mayhem of Growing Up a Wizard

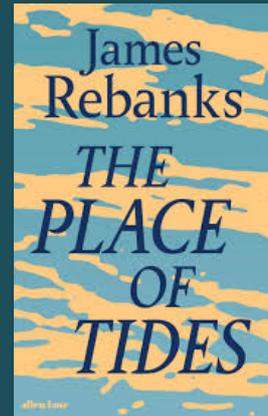
TOM FELTON

From Borrower to wizard, Tom Felton's childhood was anything but ordinary. His early rise to fame saw him catapulted into the limelight, aged just twelve, when he landed the iconic role of Draco Malfoy in the Harry Potter films. Speaking with candour, and his own trademark humour, Tom shares his experience of growing up on screen and as part of the wizarding world for the first time.

The Place of Tides

JAMES REBANKS

Years ago, James met an old woman on a remote Norwegian island. She lived and worked alone on a tiny rocky outcrop, caring for wild Eider ducks and gathering their down. Hers was a centuries-old trade that had once made people rich, but had long been in decline. Back at home, Rebanks couldn't stop thinking about her. One day, he wrote her a letter, asking if he could return. Bring work clothes, she replied, and good boots, and come quickly: her health was failing. This is the story of a unique and ancient landscape, and of the woman who brought it back to life. It traces her work from the rough, isolated toil of bitter winter, to the elation of the endless summer light, when the birds leave behind their precious down for gathering. Rebanks shares that this woman and her world are not what he had thought. What began as a journey of escape becomes a lesson in self-knowledge and forgiveness.



The Last Secret Agent

PIPPA LATOUR

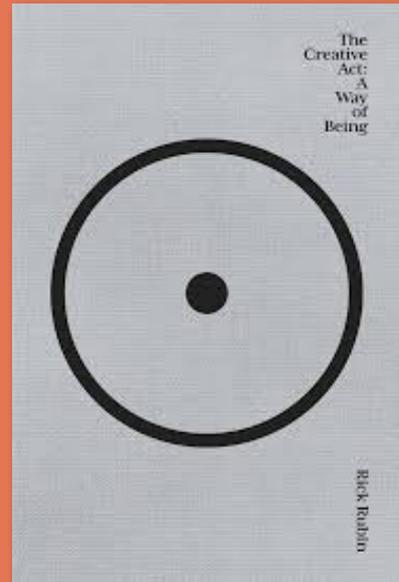
The first and last female secret agent to share her experiences undercover during WW2.

In June 1940, a covert new force – the Special Operations Executive – was set up to wage a secret war of sabotage and subversion behind enemy lines. Of the 470 agents sent to France, only 26 female agents returned and none have ever told their story before. Phyllis 'Pippa' Latour was parachuted into France aged 23; she bravely travelled around the French countryside, concealing her codes in a hair tie and her Morse key underneath her bicycle seat, sending crucial information back to Britain in the lead-up to D-Day. More than once, she became frighteningly close to being discovered. For decades, Pippa told no one – not even her family – of her incredible feats. Now, for the first time, her astonishing story can be told.

The Creative Act: A Way of Being

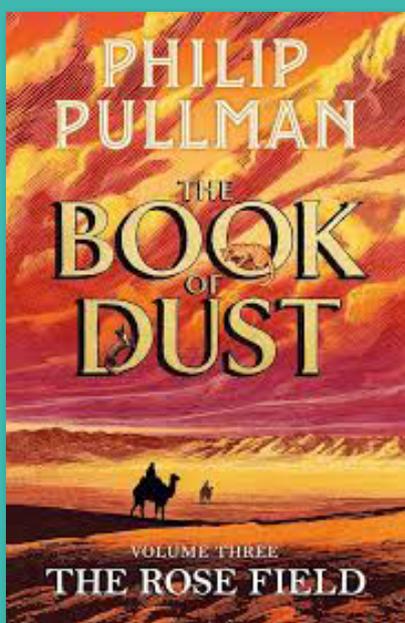
RICK RUBIN

Many music producers are known for a particular sound that has its day and then ages out. Rick Rubin is known for something else: creating a space where artists of all different genres and traditions can hone in on who they really are and what they really offer. Over the years, as he has thought deeply about where creativity comes from and where it doesn't, he has learned that being an artist isn't about your output; it's about your relationship to the world. Creativity has a place in everyone's life, and everyone can make that place larger. This book illuminates the path of the artist as a road we all can follow. It distils the wisdom gleaned from a lifetime's work into a reading experience that puts the power to create moments – and lifetimes – of exhilaration and transcendence within closer reach for all of us.



FICTION

Whilst reading can help us learn, develop, reflect and question, it can also provide some much-needed escapism at times. We have shared a selection of texts below which may be of interest to you. However, there is such a range of reading material out there so, if nothing here catches your eye, do explore other options through your library, e-books, audiobooks and magazines.



The Rose Field: The Book of Dust Volume 3

PHILIP PULLMAN

The long-awaited and highly-anticipated conclusion to Pullman's bestselling The Book of Dust series!

When readers left Lyra in *The Secret Commonwealth*, she was alone in the ruins of a deserted city. Pantalaimon had run from her in search of her imagination, which he believed she had lost. Lyra travelled across the world from her Oxford home in search of her daemon. And Malcolm, loyal Malcolm, journeyed far from home, towards the Silk Roads in search of Lyra...

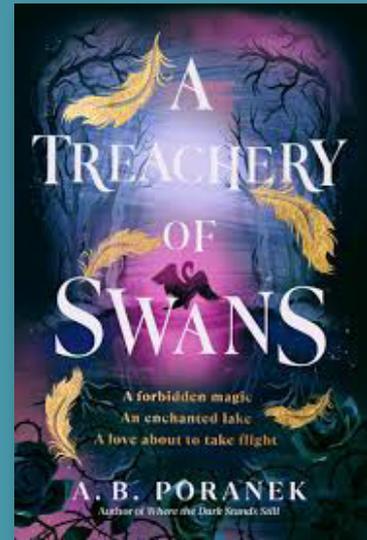
In this book, their quests finally converge in the most dangerous, breathtaking and world-changing ways. All around them, the world is aflame – made terrifying by fear, power and greed. As they move East, towards the red building that will reunite them and give them answers, so too does the Magisterium, at war against all that Lyra holds dear.



A Treachery of Swans

A.B. PORANEK

Magic has long been outlawed in Aureal. Odile has always known she'd be the one to restore it. Raised by a sorcerer, Odile has spent years preparing for the heist of a lifetime. It's perfectly simple: impersonate a princess, infiltrate the palace, steal the enchanted crown and restore magic to the kingdom. But, when the King is unexpectedly murdered, she's forced to recruit the help of Marie, the real princess. The two begin to unravel a web of lies and deceit that leaves Odile uncertain of whom to trust...



The Lord of the Rings

J.R.R. TOLKEIN

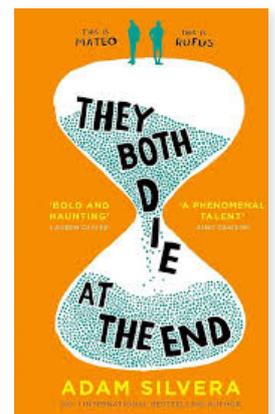
This epic high-fantasy trilogy, containing unrivalled magic and otherworldliness, follows a young hobbit, Frodo Baggins, as he undertakes a perilous quest to destroy the One Ring – a powerful artifact that threatens to plunge Middle-earth into darkness. Rich in mythology, friendship and containing timeless themes of courage and sacrifice, Tolkein's masterpiece is a must-read for any fantasy lover.

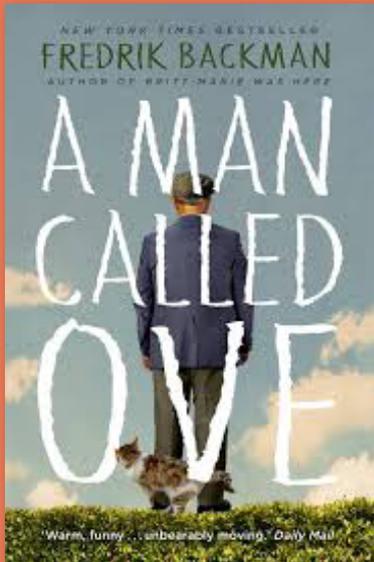


They Both Die at the End

ADAM SILVERA

On September 5th, a little after midnight, Death-Cast calls Mateo Torrez and Rufus Emeterio to give them some bad news: they're going to die today. Mateo and Rufus are total strangers but, for different reasons, they're both looking to make a new friend on their End Day. The good news: there's an app for that! It's called the Last Friend and, through it, Rufus and Mateo are about to meet up for one last great adventure – to live a lifetime in a single day.





A Man Called Ove

FREDRIK BACKMAN

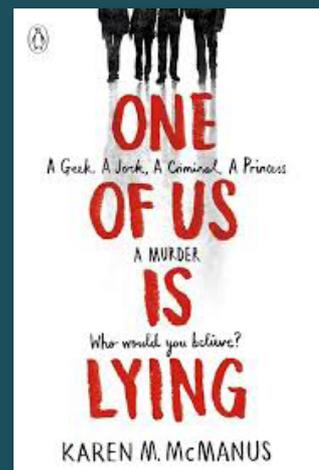
At first sight, Ove is almost certainly the grumpiest man you will ever meet. He thinks himself surrounded by idiots – neighbours who can’t reverse a trailer properly, joggers, shop assistants who talk in code, and the perpetrators of the vicious coup d’etat that ousted him as Chairman of the Residents’ Association. He will persist in making his daily inspection rounds of the local streets. But isn’t it rare, these days, to find such old-fashioned clarity of belief and deed? Such unswerving conviction about what the world should be, and a lifelong dedication to making it just so? In the end, you will see, there is something about Ove that is quite irresistible...

One of Us is Lying

KAREN M. MCMANUS

Five students walk into detention. Only four come out alive.
 Yale-hopeful Bronwyn has never publicly broken a rule.
 Sports star Cooper only knows what he’s doing in the baseball diamond.
 Bad boy Nate is one misstep away from a life of crime.
 Prom queen Addy is holding together the cracks in her perfect life.

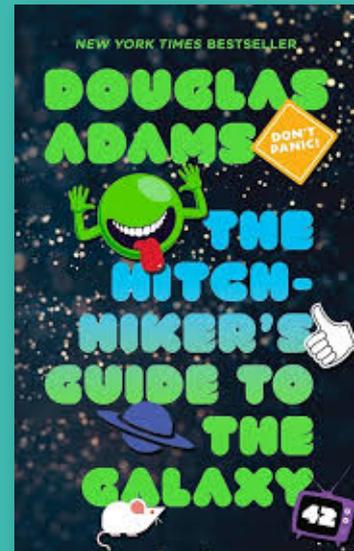
And outsider Simon, creator of the notorious gossip app at Bayview High, won’t ever talk about any of them again. He dies 24 hours before he could post their deepest secrets online. Investigators conclude it’s no accident – all of them are suspects...



The Hitchhiker's Guide to the Galaxy

DOUGLAS ADAMS

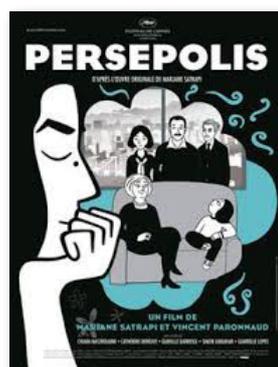
It's an ordinary Thursday lunchtime for Arthur Dent until his house gets demolished. The Earth follows shortly afterwards to make way for a new hyperspace express route, and his best friend has just announced that he's an alien. At this moment, they're hurtling through space with nothing but their towels and an innocuous-looking book inscribed in large friendly letters, with the words DON'T PANIC. The weekend has only just begun...



Persepolis

MARJANE SATRAPI

The intelligent and outspoken child and great-granddaughter of Iran's last emperor, Satrapi, bears witness to a childhood uniquely entwined with the history of her country. This book paints an unforgettable portrait of daily life in Iran and of the bewildering contradictions between home life and public life. Marjane's child's eye view adds immediacy and humour, and her story of a child at once outrageous and ordinary, beset by the unthinkable and yet buffered by an extraordinary and loving family, is immensely moving.



The Inheritance Games

JENNIFER LYNN BARNES

Avery has a plan: keep her head down, work hard for a better future. Then, an eccentric billionaire dies, leaving her almost his entire fortune. And no one, least of all Avery, knows why. Now she must move into the mansion she's inherited. It's filled with secrets and codes, and the old man's surviving relatives – a family hell-bent on discovering why Avery got 'their' money. Soon, she is caught in a deadly game that everyone in this strange family is playing. But just how far will they go to keep their fortune?

