



## 2026 Mama's Reading Room Book List

- January- *Balanced and Barefoot*, Angela Hanscom  
February- *Hunt Gather Parent*, Michaelleen Doucleff  
March- *The Executive Function Playbook*, Mike McLeod  
April- *Mothering Boys*, Molly Defrank  
May- *Born To Walk*, Mark Sisson  
June- *Parental As Anything*, Maggie Dent  
July- *Strong and Kind*, Korie Robertson  
August- *Better Than Real Life*, Dr. Richard Freed  
September- *The Happiness Files*, Dr. Arthur Brooks  
October- *Homeschooling: Your Doing It Right*, Ginny Yurich  
November- *Until The Streetlight Comes On*, Ginny Yurich  
December- *Free To Learn*, Dr Peter Gray