

Historical Reading Recommendations



These are many important historical books I have read to educate myself in physical education, recreation, leisure, and elevating culture. Interestingly, once you expand your view, they are all inter-related and circle back upon each other over and over again...it's all connected...and to be the best physical educator—had to go far beyond just PE. Enjoy your educational journey. ☺

Book Search: I wrote a separate handout on important resources for finding books and historical information; please read if you want all my research tips on finding, but for books, you can find almost any book on AbeBooks.com. I've also found a few rare books on Amazon and eBay.

***MUST Reads!** I have hundreds of very important books in my collection, but to condense, my high-priority reads are suggested below. There are a few sources in my opinion that are “MUST” reads as in life changing. If you choose to read them, you will gain an incredible insight. My favorite authors are L.P. Jacks, J.B. Nash, and Eric Hoffer—anything by these authors is worth the effort. “*Must Reads*” are marked by *.

Bonnie Prudden: Bonnie belongs in a category of her own. Anything you can read by Bonnie is worth reading. She wrote a number of books targeted to certain age groups or health categories. She was, and is, an amazing resource for classical physical education and movement, physical fitness, and pain prevention including trigger point release Myotherapy. Bonnie is practical, efficient, and fun to read.

- “*How to Keep Your Family Fit and Healthy*” by Bonnie Prudden (1975)
- “*Myotherapy: Complete Guide to Pain-Free Living*” by Bonnie Prudden (2010)

Physical Education History:

- “*A World History of Physical Education*” by Deobold B. Van Dalen and Bruce L. Bennett (1953)
- “*History of Physical Education*” by C.W. Hackensmith (1966)

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Leisure & Recreation:

- *"The Threat of Leisure"* by George Barton Cutten (1926)
- *"A Guide to Civilized Loafing"* by H.A. Overstreet (1934)
- *"Leisure: The Basis of Culture"* by Josef Pieper (1952)
- *"Philosophy of Recreation and Leisure"* by J.B. Nash (1953)*
- *"Man and Leisure: A Philosophy of Recreation"* by Charles K. Brightbill (1961)
- *"Pioneers In Leisure and Recreation"* edited by Hilmi Ibrahim (1989)

Military:

- *"FM 35-20 Physical Training W.A.C. Field Manual"* by US War Dept. (1943)
- *"FM 21-20 Physical Training Field Manual"* by US War Dept. (1946)
- *"Arsenal of Democracy: The Story of American War Production"* by David M. Nelson (1946)*
- *"Bodies for Battle: US Army Physical Culture and Systematic Training, 1885-1957"* by Garrett Gatzmeyer (2021)

Education:

- *"The Education Of The Whole Man"* by L.P. Jacks (1931)*
- *"Education Through Recreation"* by L.P. Jacks (1932)*
- *"Teachable Moments"* by J.B. Nash (1938)

Morale & Mental Stability:

- *"Building Morale"* by J.B. Nash (1942)*

Civil Unrest & Race:

- *"The True Believer: Thoughts on the Nature of Mass Movements"* by Eric Hoffer (1951)*
- *"The Negro Mood: Negro Revolution and Predicts Massive Confrontation of Black and White"* by Lerone Bennett Jr. (1964)
- *"Before the Mayflower: A History of the Negro in America 1619-1964"* by Lerone Bennett, Jr. (1964)*
- *"Malcolm X Speaks: Selected Speeches and Statements"* edited by George Breitman (1965)*

Culture:

- *"Responsibility and Culture"* by L.P. Jacks (1924)
- *"The Syndicated News Articles"* by Eric Hoffer (2010)*

Technology & The Machine:

- *"The Revolt Against Mechanism"* by L.P. Jacks (1934)*

Additional Research Resources:

- To access my **"Historical Research Websites"** handout that expands beyond book finding, go here: <http://theleanberets.com/wp-content/uploads/2020/06/RESEARCH-WEBSITES.pdf>
- * Updated 5.31.23

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