

## **ALS AWARENESS**

### **LOU GEHRIG DAY LIBRARY BOOK LIST**

Join us in raising awareness for ALS by exploring these powerful books that tell the stories of resilience, courage, and hope. These books are categorized by genre and target age to help libraries curate meaningful collections for their readers.

---

#### ***Memoirs & Biographies***

- *A Life Derailed: My Journey with ALS* – Nate Methot (2022)
- *A Life Impossible: Living with ALS: Finding Peace and Wisdom Within a Fragile Existence* – Steve Gleason (2024)
- *All Is Well: Life Lessons from a Preacher's Father* – Deacon Kevin P. Martin Jr. (2023)
- *All the Colors Came Out: A Father, a Daughter, and a Lifetime of Lessons* – Kate Fagan (2021)
- *ALS Saved My Life...Until it Didn't* – Dr. Jenni Berebtisky (2018)
- *Blink Spoken Here* – Christopher and Christine Pendergast (2020)
- *Blitz Your Life: Stories from an NFL and ALS Warrior* – Tim Shaw (2017)
- *Bronx Epitaph: How Lou Gehrig's "Luckiest Man" Speech Defined the Yankee Legend (Excelsior Editions)* – Steven K. Wagner (2023)
- *Dance Me to the End: Ten Months and Ten Days with ALS* – Alison Acheson (2019)
- *Every Breath* – Nicholas Sparks (2018)
- *Eyes to the Wind* – Ady Barkan (2019)
- *Flying into the Storm: A Story of Love and Loss – Diary of a Wife-Caregiver* – B. J. Gustafson (2021)
- *Gehrig and The Babe: The Friendship and the Feud* – Tony Castro (2018)
- *Goode and Faithful Servant: The Kerry Goode Story* – Kerry Goode (2022)
- *Hope Fights Back: Fifty Marathons and a Life-or-Death Race Against ALS* – Andrea Lytle Peet and Meredith Atwood (2023)
- *I Remember Running: The Year I Got Everything I Ever Wanted – and ALS* – Darcy Wakefield (2005)
- *It's Not Yet Dark* – Simon Fitzmaurice (2015)
- *Living as a Dead Man: Life Lessons Gained from Losing One Life to Receiving a Greater Purpose* – Jeff Lester (2019)

- *Lou Gehrig: The Lost Memoir* – Alan D. Gaff (2020)
- *Luckiest Man: The Life and Death of Lou Gehrig* – Jonathan Eig (2010)
- *My Luke and I* – Eleanor Gehrig (1976)
- *Never Say Invisible: A Memoir of Living and Being Seen with ALS* – Jeremy Schreiber (2022)
- *No Pressure, No Diamonds: Mining for Gifts in Illness and Loss* – Teri Dillion (2020)
- *Strength of a Champion: Finding Faith and Fortitude Through Adversity* – O.J. Brigrance and Peter Schrage (2013)
- *Surrounded by Love: My Family's Journey Through ALS* – Jan Mathew (2020)
- *Tenacious: How God Used a Terminal Diagnosis to Turn a Family and a Football Team into Champions* – Jeremy and Jennifer Williams (2013)
- *The Forty One: A Story of Hope and a Car* – Blu Sanders (2013)
- *The Life of Lou Gehrig: Told by a Fan* – Sara K. Brunsvold (2006)
- *Thinking Through VA Benefits and VA Care: A Resource for Veterans with ALS and Their Caregivers* – Mary Hahn Ward and Lara Garey (2020)
- *Too Many Reasons to Live* – Rob Burrow (2024)
- *Until I Say Goodbye* – Susan Spencer-Wendel (2014)

**Books appropriate for youth/young adults:**

- *Be Mine* – Richard Ford (2023)
- *Caddy for Life: The Bruce Edwards Story* – John Feinstein (2004)
- *Dying to Be Healed* – Holly Gerrish (2019)
- *Every Note Played* – Lisa Genova (2019)
- *Five O'Clock Lightning: Babe Ruth, Lou Gehrig, and the Greatest Baseball Team in History, the 1927 New York Yankees* – Harvey Frommer (2015)
- *Iron Horse: Lou Gehrig in His Time* – Ray Robinson (2006)
- *Last Ride of the Iron Horse: How Lou Gehrig Fought ALS to Play One Final Championship Season* – Dan Joseph (2019)
- *Personal Trials: How Terminally Ill ALS Patients Took Medical Treatment into Their Own Hands* – Jef Akst (2016)
- *The Pride of the Yankees: Lou Gehrig, Gary Cooper, and the Making of a Classic* – Richard Sandomir (2017)
- *Tuesdays with Morrie* – Mitch Albom (2002)
- *And Love Speaks* – Jamie L. Blair, Elie James Wile, and Mark Nino Balita (2021)
- *Breaker Breaker 1-9: Where's My Little Man At?* – Sabrina Johnson (2022)
- *But She Can Still Love: A Child's Understanding of ALS* – Amalia Flecksteiner and Maggie Horton (2021)

- *Lou and Me: A Personal Memoir of Growing Up with Lou Gehrig* – M. Robert Spies (2019)
- *Lou Gehrig: The Inspirational Story of Baseball Legend Lou Gehrig (Lou Gehrig Unauthorized Biography)* – Bill Redban (2014)
- *Lou Gehrig: Pride of the Yankees* – Paul Gallico (2015)
- *Lou Gehrig: The Luckiest Man* – David Adler (2001)
- *You're Not You* – Michelle Wildgen (2007)
- *Final Season* – Tim Green (2021)

These books offer insight into the ALS journey and the lives of those affected by the disease. Consider adding them to your library's collection in honor of Lou Gehrig Day and beyond.

For more resources, visit [iamals.org](http://iamals.org).



Presented by I AM ALS