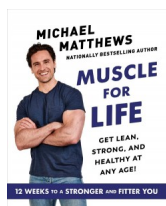


Health and Fitness

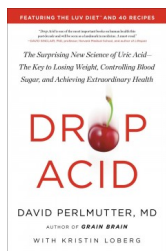
December 2021



Muscle for life : the foods you like, the workouts you love, and the body you want ... at any age

by Michael Matthews

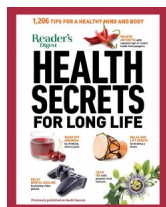
A life-changing and accessible guidebook on the fundamentals of building muscle, losing fat, and staying healthy at any age and any ability.



Drop Acid : The Surprising New Science of Uric Acid—the Key to Losing Weight, Controlling Blood Sugar, and Achieving Extraordinary Health

by David Perlmutter

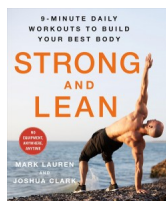
Offers simple dietary and lifestyle tweaks to help you lose weight, prevent (and reverse) disease, and live a long and healthy life by reducing high uric acid levels - the hidden health risk you didn't know you had.



Reader's Digest Health Secrets for Long Life : 1206 Tips for a Healthy Mind and Body

by Reader's Digest Association
Reviewed by medical and nutrition experts, Reader's Digest Health

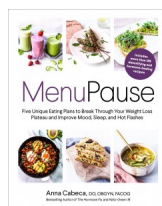
Secrets for Long Life offers essential information to boost your physical, mental, and emotional health at every stage of life.



Strong and lean : 9-minute daily workouts to build your best body : no equipment, anywhere, anytime

by Mark Lauren

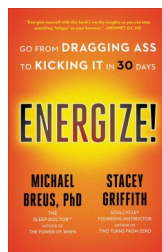
With Mark Lauren's workout, you can now achieve your most muscular and lean body with an incredibly small sacrifice of time.



Menopause : five unique eating plans to break through your weight loss plateau and improve mood, sleep, and hot flashes

by Anna Cabeca

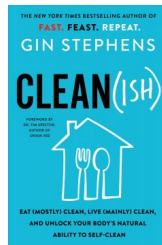
Dr. Anna Cabeca offers 125+ delicious recipes that highlight the foods scientifically proven to heal, balance, and keep the body in a fat-burning, detoxifying mode all day long.



Energize! : Go from Dragging Ass to Kicking It in 30 Days

by Michael Breus

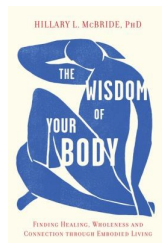
Unleash the energy you need to achieve your dreams through this revolutionary, science-based wellness program by a renowned sleep expert and a SoulCycle founding instructor.



Clean(ish) : eat (mostly) clean, live (mainly) clean, and unlock your body's natural ability to self-clean

by Gin Stephens

As you learn how to lower your toxic load through small changes, smart swaps, and simple solutions, you'll evolve simply and easily toward a clean(ish) lifestyle that works for you.

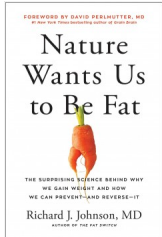


The Wisdom of Your Body : Finding Healing, Wholeness, and Connection through Embodied Living

by Hillary McBride

This book shows you how to unlearn lies about your body that hold you back from the life you were meant to live; how to reclaim your body from stress and the expectations of others; and tools for regulating your emotions via physical awareness.

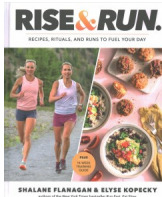




Nature wants us to be fat : the surprising science behind why we gain weight and how we can prevent--and reverse--it

by Richard J. Johnson

The author provides new recommendations for how we can prevent or treat obesity, but also how we can use this information to reduce our risk of developing disease.



Rise and Run : Recipes, Rituals and Runs to Fuel Your Day: a Cookbook

by Shalane Flanagan

A cookbook and training manual dedicated to the most important part of the day for any athlete-the morning.



Food Saved Me : My Journey of Finding Health & Hope Through the Power of Food

by Danielle Walker

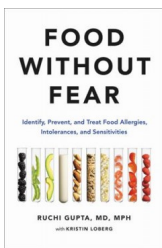
Danielle tells a story that provides hope - hope that despite your ailments or hardships, you can live a full, happy, and healthy life without ever feeling excluded or deprived.



Becoming sugar-free : how to break up with inflammatory sugars and embrace a naturally sweet life

by Julie Daniluk

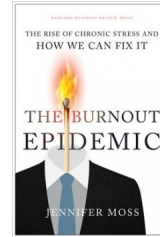
In Becoming Sugar-Free, Julie walks you through everything you need to know to create a powerful sugar-free lifestyle: from why sugar is the most harmful food ingredient, to how to make easy swaps for healthy sweeteners.



Food without fear : identify, prevent, and treat food allergies, intolerances, and sensitivities

by Ruchi Gupta

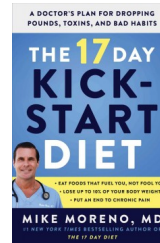
Offering assessments, up-to-date treatment information and practical safety tips this guide helps those suffering with food allergies to understand the difference between an allergy and a sensitivity, potential genetic connections, rising allergies and the top offenders.



The burnout epidemic : the rise of chronic stress and how we can fix it

by Jennifer Moss

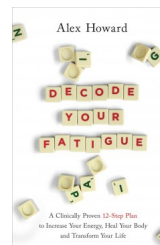
Workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces.



The 17 Day Kickstart Diet : Your New Plan for Dropping Pounds, Toxins, and Bad Habits

by Mike Moreno

The NY Times best-selling author shares the effective and simple program he used to reclaim his own health that features meal planning, manageable movement strategies and supportive wellness rituals that will detoxify and inspire.



Decode your fatigue : a clinically proven 12-step plan to increase your energy, heal your body, and transform your life

by Alex Howard

A leading expert on chronic fatigue guides readers through a clinically proven methodology for discovering the true cause of their fatigue, helping them to understand the key steps to healing.



The Instant Mood Fix : Emergency Remedies to Beat Anxiety, Panic or Stress

by Olivia Remes

The Instant Mood Fix teaches you long-term coping strategies for every area of your life. This empowering book will show you how to find inner peace and build resilience.

Created by Lisa: November 2021