

If you like...

Health and Fitness

you might like ...

The Whole Foods Diet by John Mackey (613.2 MAC)

Food, Health, and Happiness by Oprah Winfrey (641.563 WIN)

With healthy dishes created and prepared alongside her favorite chefs, paired with personal essays and memories from Oprah herself, this cookbook offers a candid, behind-the-scenes look into the life, and kitchen, of one of the most widely known celebrities in the world.

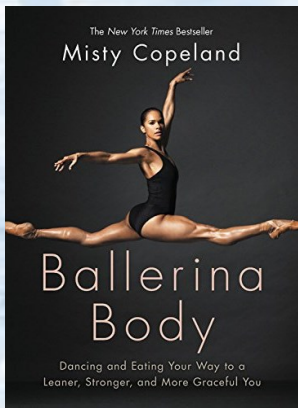
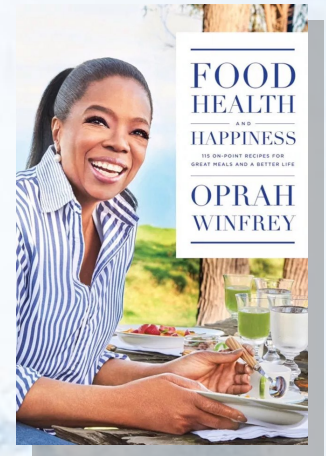
The Paleo Healing Cookbook by Rachael Bryant (641.5638 BRY)

Infused Water by Dalila Tarhuni (641.875 TAR)

Tarhuni teaches the reader how to infuse water with fruits, vegetables, and herbs.

Mind Your Body by Joel Harper (613.7 HAR)

Fix-it and Forget-It Healthy Slow Cooker Cookbook by Hope Comerford (641.563 COM)



The Mayo Clinic Diet by Mayo Clinic (613.25 MAY)

From Mayo Clinic, a leading authority on health and nutrition, comes The Mayo Clinic Diet, the last diet you'll ever need. Features a two-week quick-start program, meal planners, recipes, tips for overcoming challenges, starting an exercise plan, and much more.

The One-Minute Workout by Martin Gibala (613.7 GIB)

Ballerina Body by Misty Copeland (792.8 COP)

The celebrated ballerina and role model, Misty Copeland, shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health.

The New American Heart Association Cookbook by American Heart Association (641.563 NEW)

The American Cancer Society New Healthy Eating Cookbook by Jeanne Besser (641.5 BES)

Bowls of Plenty by Carolynn Carreño (641.631 CAR)

The Yoga Kitchen by Kimberly Parsons (641.5636 PAR)

The Yoga Kitchen teaches you that by eating holistic recipes you can nourish your mind, strengthen your body, and bring more balance into your life. All the recipes are vegetarian and gluten-free, allowing you to improve your health, build your inner core, increase your energy, and support your spiritual development.. Kimberly brings her healthful recipes and yogic principles straight into your kitchen.

The Whole30 Cookbook by Melissa Hartwig (641.563 HAR)

Real Food Heals by Seamus Mullen (641.563 MUL)

Healthy cooking reinvented by top chef Seamus Mullen, with over 125 Paleo-inspired recipes designed to revitalize your health every day.

