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Health and Fitness

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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)

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**The Yoga Kitchen** by Kimberly Parsons (641.563 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.