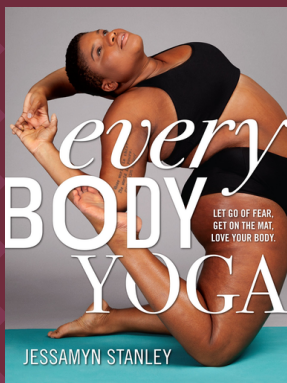
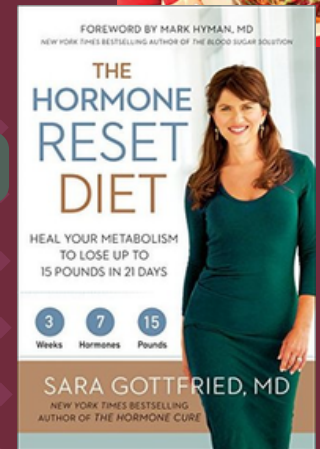
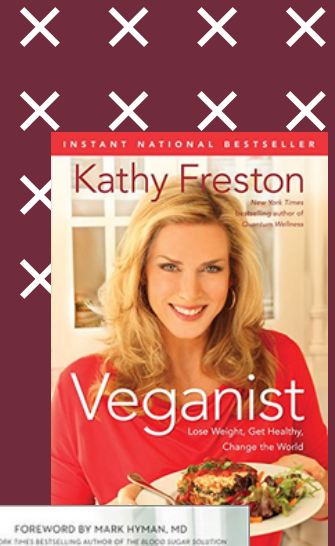


Health & Fitness

Diet

- The End of Dieting* by Joel Fuhrman (613.25 FUR)
- What to Eat When* by Michael F. Roizen (613 ROI)
- Genius Foods* by Max Lugavere (612.82 LUG)
- The 30-Day Heart Tune-up* by Steven Masley (616.12 MAS)
- The Hormone Reset Diet* by Sara Gottfried (613.25 GOT)
- Wheat Belly* by William Davis (613.26 DAV)
- Eat to Beat Disease* by William W. Li (616.39 LI)
- Master Your Metabolism* by Jillian Michaels (613.25 MIC)
- Atkins for Life* by Robert C Atkins (613.25 ATK)
- The Bulletproof Diet* by Dave Asprey (613.25 ASP)
- Glow15* by Naomi Whittel (613.25 WHI)
- Veganist* by Kathy Freston (613.262 FRE)



Workout

- The First 20 Minutes* by Gretchen Reynolds (613.7 REY)
- Forever Painless* by Miranda Esmonde-White (616 ESM)
- Every Body Yoga* by Jessamyn Stanley (613.7 STA)
- The One-Minute Workout* by Martin Gibala (613.7 GIB)
- Fit Gurl* by Melissa Alcantara (613.7 ALC)
- 8 Weeks to SEALfit* by Mark Divine (613.7 DIV)
- Spartan Up* by Joe De Sena (158.1 DES)
- Embrace the Suck* by Stephen Madden (613.71 MAD)
- Strength Training for Women* by Joan Pagano (613.71 PAG)
- Body by You* by Mark Lauren (613.7082 LAU)
- Champions Body for Life* by Art Carey (613.7 CHA)
- Fit and Fabulous After 40* by Denise Austin (613.7 AUS)

