

My Favourite Health & Personal Development Books

Carolyn Coffin

<i>Food</i>	<i>Author</i>
The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy	Mark Sisson
It Starts With Food: Discover the Whole 30 and Change Your Life in Unexpected Ways	Dallas & Melissa Hartwig
Cholesterol Clarity: What the HDL is Wrong With My Numbers?	Jimmy Moore & Eric C. Westman
Why We Get Fat and What to Do About It	Gary Taubes
Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease	Dr. Robert Lustig
Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health	Dr. William Davis
Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar – Your Brain’s Silent Killers	Dr. David Perlmutter
Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain for Life	Dr. David Perlmutter
The Big Fat Surprise: Why Butter, Meat & Cheese Belong in a Healthy Diet	Nina Teicholz
Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life	Nora T. Gedaudas
Death by Food Pyramid: How Shoddy Science, Sketchy Politics, and Shady Special Interests Ruined Your Health – And How to Reclaim It!	Denise Minger
The Paleo Solution: The Original Human Diet	Robb Wolf
The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight – and How to Get Your Life Back	Dr. Amy Myers
The Art and Science of Low Carb Living	Jeff S. Volek & Stephen D. Phinney
Food: What the Heck Should I Eat?	Dr. Mark Hyman
The Blood Sugar Solution: The Ultrahealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!	Dr. Mark Hyman

<i>Relationship With Food</i>	<i>Author</i>
Why Weight: A Workbook for Ending Emotional Eating	Geneen Roth
Breaking Free From Emotional Eating	Geneen Roth
When Food Is Love: Exploring the Relationship Between Eating and Intimacy	Geneen Roth
<i>Exercise</i>	<i>Author</i>
Body By Science: A Research-Based Program for Strength Training, Body Building, and Complete Fitness in 12-Minutes a Week	Dr. Doug McGuff & John Little
Primal Endurance: Go Faster – a lot faster! – on less training, Lose Excess Body Fat – and keep it off, Reduce Stress – preserve health, avoid burnout, Train Intuitively – Inconsistency is key, Have More Fun!	Mark Sisson & Brad Kearns
The Paleo Diet for Athletes: The Ancient Nutritional Formula for Peak Athletic Performance	Loren Cordain & Joe Friel
The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body	Dr. Philip Maffetone and Tawny Prazak
The Art and Science of Low Carb Performance	Jeff S. Volek & Stephen D. Phinney
<i>Personal Development/Mindset/Creativity</i>	<i>Author</i>
The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life	Mark Manson
Expectation Hangover: Overcoming Disappointment in Work, Love, and Life	Christine Hassler
The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are	Brené Brown
Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead	Brené Brown
The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change	Stephen R. Covey
This Messy Magnificent Life	Geneen Roth
Big Magic: Creative Living Beyond Fear	Elizabeth Gilbert

Mindset: How We Can Learn to Fulfill Our Potential	Carol S. Dweck
Do The Work	Steven Pressfield
The War of Art: Break Through the Blocks and Win Your Inner Creative Battles	Steven Pressfield
Turning Pro: Tap Your Inner Power and Create Your Life's Work	Steven Pressfield
Man's Search for Meaning: The Classic Tribute to Hope from the Holocaust	Victor E. Frankl
The Untethered Soul: The Journey Beyond Yourself	Michael A. Singer
A New Earth: Awakening to Your Life's Purpose	Eckhart Tolle
The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal	Jim Loehr and Tony Schwartz
The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles	Bruce H. Lipton
<i>Human Nature/Habit Change</i>	<i>Author</i>
Atomic Habits: An Easy & Proven Way to Build Good Habits and Break Bad Ones	James Clear
The Power of Habit: Why We Do What We Do in Life and Business	Charles Duhigg
Predictably Irrational: The Hidden Forces That Shape Our Decisions	Dan Ariely
Better Than Before: Mastering the Habits of Our Everyday Lives	Gretchen Rubin
Switch: How to Change Things When Change is Hard	Chip & Dan Heath
Thinking Fast and Slow	Daniel Kahneman
Quiet: The Power of Introverts in a World That Can't Stop Talking	Susan Cain
The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun	Gretchen Rubin
Blink: The Power of Thinking Without Thinking	Malcolm Gladwell
Start With Why: How Great Leaders Inspire Everyone to Take Action	Simon Sinek
The Paradox of Choice: Why More is Less	Barry Schwartz

<i>Sleep</i>	<i>Author</i>
Lights Out: Sleep, Sugar and Survival	T. S. Wiley
Take a Nap! Change your life: The Scientific Plan to Make You Smarter, Healthier, More Productive	Sara C. Mednick
<i>Stress Management</i>	<i>Author</i>
The Upside of Stress: Why Stress Is Good For You, and How To Get Good At It	Kelly McGonigal
The Myth of Stress: Where Stress <i>Really</i> Comes From and How to Live a Happier and Healthier Life	Andrew Bernstein
Primal Connection: Follow Your Genetic Blueprint to Health and Happiness	Mark Sisson