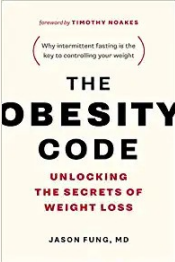
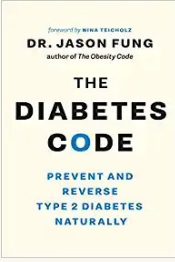
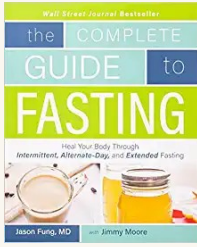
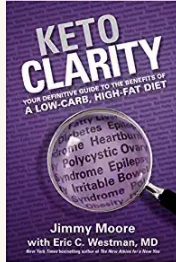
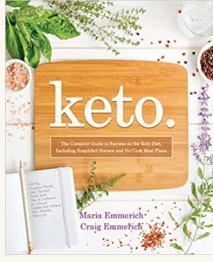
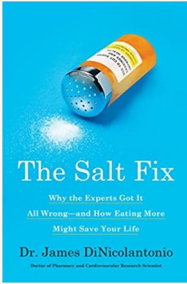
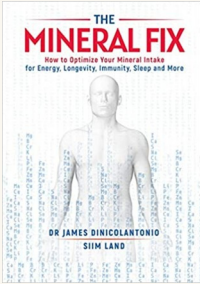
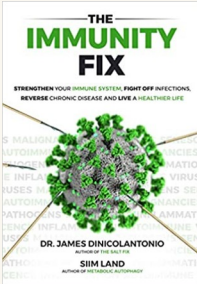
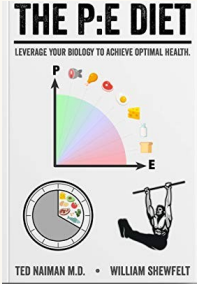
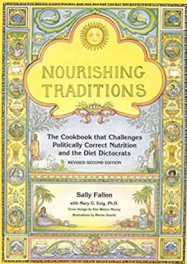
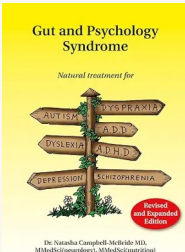
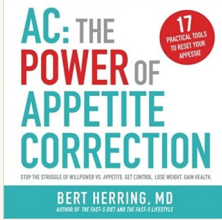
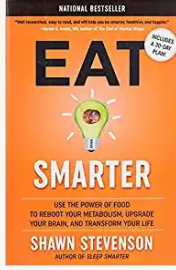
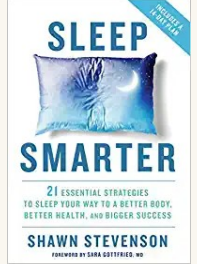
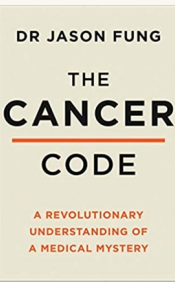
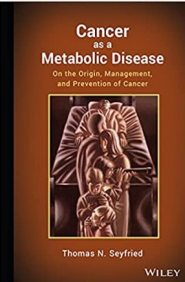
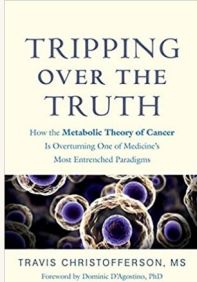
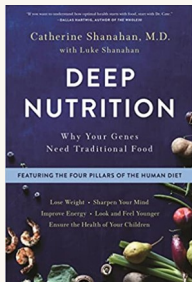
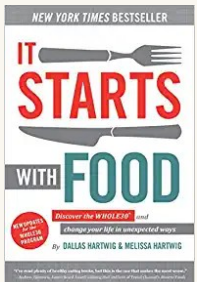


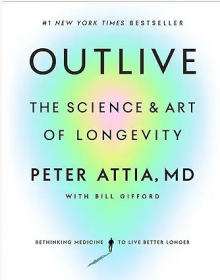
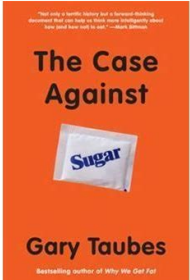
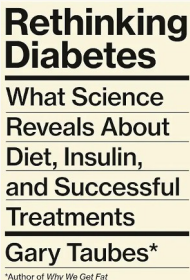
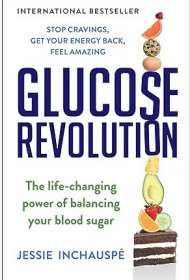
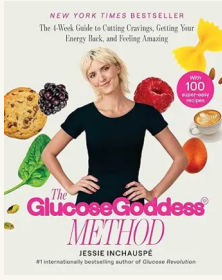
Books

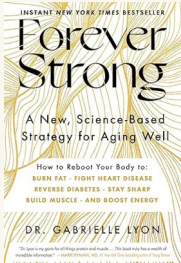
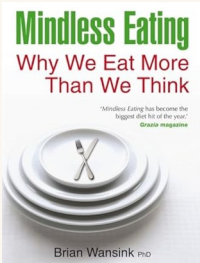
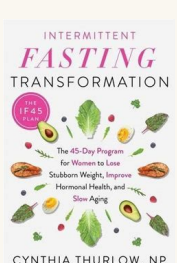
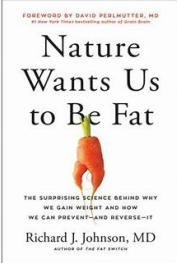
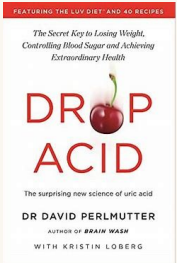
Books I return to for health, habits, mindset, and living well

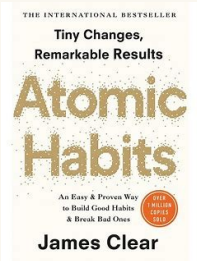
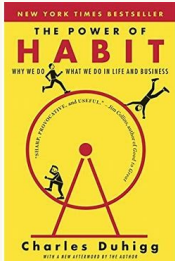
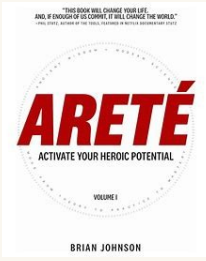
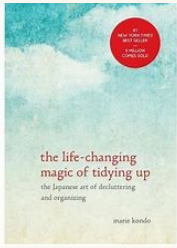
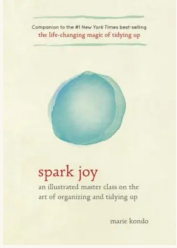
Looking for something worthwhile to read or listen to? Here are some of my favorite books across nutrition, metabolic health, habits, and personal growth. **Click any title to explore.** Many are available as audiobooks as well as print editions. Note: I don't make a commission on any of these!

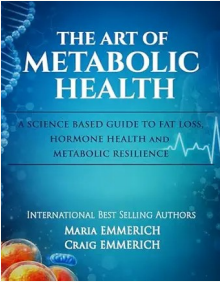
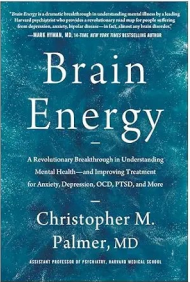
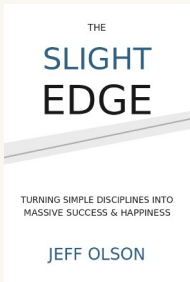
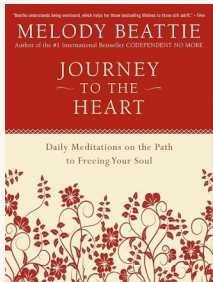
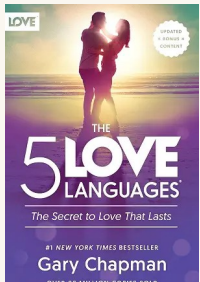
<u>The Obesity Code</u> 	<u>The Diabetes Code</u> 	<u>The Complete Guide to Fasting</u> 	<u>Keto Clarity</u> 	<u>Keto</u> 
<u>The Salt Fix</u> 	<u>The Mineral Fix</u> 	<u>The Immunity Fix</u> 	<u>Why We Get Sick</u> 	<u>P:E Diet</u> 
<u>Nourishing Traditions</u> 	<u>Gut and Psychology Syndrome</u> 	<u>The Power of Appetite Correction</u> 	<u>Eat Smarter</u> 	<u>Sleep Smarter</u> 
<u>The Cancer Code</u> 	<u>Cancer as a Metabolic Disease</u> 	<u>Tripping Over the Truth</u> 	<u>Deep Nutrition</u> 	<u>It Starts With Food</u> 

— Julie's Favorites —
Books, continued

<u>Outlive</u> 	<u>The Case Against Sugar</u> 	<u>Rethinking Diabetes</u> 	<u>Glucose Goddess Revolution</u> 	<u>Glucose Goddess Method</u> 
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<u>Forever Strong</u> 	<u>Mindless Eating</u> 	<u>Intermittent Fasting Transformation</u> 	<u>Nature Wants Us To Be Fat</u> 	<u>Drop Acid</u> 
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<u>Atomic Habits</u> 	<u>The Power of Habit</u> 	<u>Arete'</u> 	<u>The Life Changing Magic of Tidying Up</u> 	<u>Spark Joy</u> 
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<u>The Art of Metabolic Health</u> 	<u>Brain Energy</u> 	<u>The Slight Edge</u> 	<u>Journey to the Heart</u> 	<u>The Five Love Languages</u> 
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