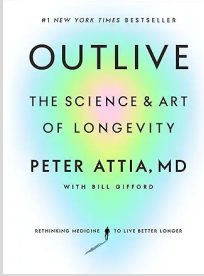
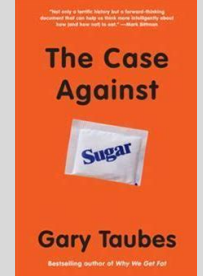
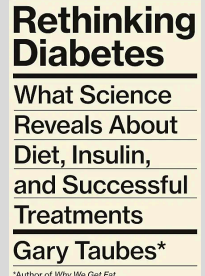
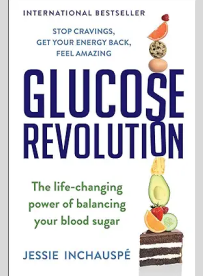
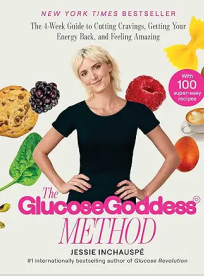
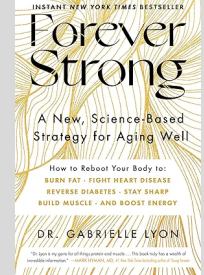
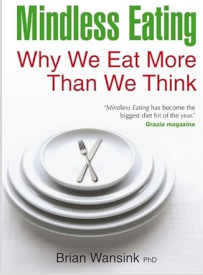
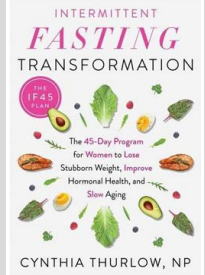
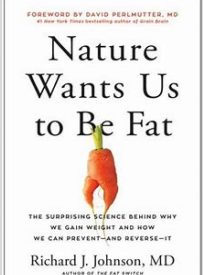
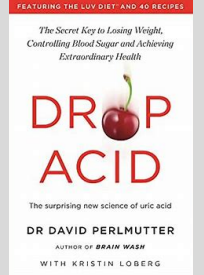
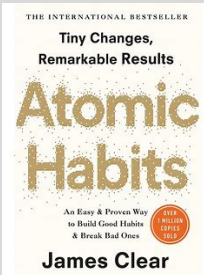
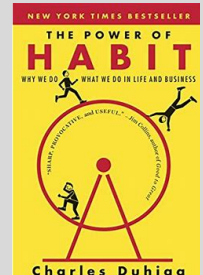
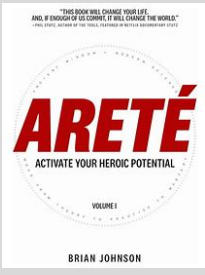
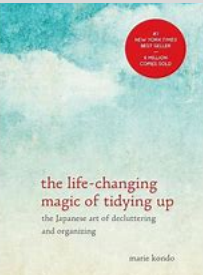
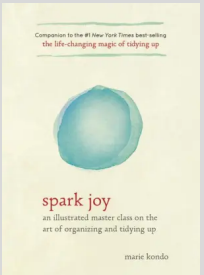


JULIE'S FAVORITE BOOKS

By Julie Cottrell, MS, RD, LD

Below are some of my favorite book titles, including a link to learn more about them. Many of these are available as audiobooks as well as paperback or hardcover. *Disclaimer: I don't make a commission on any of these!*

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

 <p>#1 NEW YORK TIMES BESTSELLER</p> <p>OUTLIVE</p> <p>THE SCIENCE & ART OF LONGEVITY</p> <p>PETER ATTIA, MD WITH BILL GIFFORD</p> <p>RETHINKING MEDICINE TO LIVE BETTER LONGER</p>	 <p>“This may be the most exciting book in the world of nutrition... [Taubes] argues that our diets are the single biggest cause of our health problems.” —Mark Bittman</p> <p>The Case Against Sugar</p> <p>Gary Taubes</p> <p>Bestselling author of <i>Why We Get Fat</i></p>	 <p>Rethinking Diabetes</p> <p>What Science Reveals About Diet, Insulin, and Successful Treatments</p> <p>Gary Taubes*</p> <p>*Author of <i>Why We Get Fat</i></p>	 <p>INTERNATIONAL BESTSELLER</p> <p>STOP CRAVINGS, GET YOUR ENERGY BACK, FEEL AMAZING</p> <p>GLUCOSE REVOLUTION</p> <p>The life-changing power of balancing your blood sugar</p> <p>JESSIE INCHAUSPÉ</p>	 <p>NEW YORK TIMES BESTSELLER</p> <p>The 4-Week Guide to Cutting Cravings, Getting Your Energy Back, and Feeling Amazing</p> <p>The Glucose Goddess® METHOD</p> <p>JESSIE INCHAUSPÉ</p> <p>#1 International Bestselling author of <i>Glucose Revolution</i></p>
<p><u>Outlive</u></p>	<p><u>The Case Against Sugar</u></p>	<p><u>Rethinking Diabetes</u></p>	<p><u>Glucose Goddess Revolution</u></p>	<p><u>Glucose Goddess Method</u></p>
 <p>INSTANT NEW YORK TIMES BESTSELLER</p> <p>Forever Strong</p> <p>A New, Science-Based Strategy for Aging Well</p> <p>How to Reboot Your Body to: BURN FAT • FIGHT HEART DISEASE • REVERSE DIABETES • STAY SHARP • BUILD MUSCLE • AND BOOST ENERGY</p> <p>DR. GABRIELLE LYON</p> <p>“Dr. Lyon is a gem for all things women and health... This book has the result of ‘healthspan’...” —Michelle Obama</p>	 <p>Mindless Eating</p> <p>Why We Eat More Than We Think</p> <p>“Mindless Eating has become the biggest diet fad of the year!” —<i>Oz</i> magazine</p> <p>Brian Wansink MD</p>	 <p>INTERMITTENT FASTING</p> <p>TRANSFORMATION</p> <p>THE IF 45 FEEL</p> <p>The 45-Day Program for Women to Lose Stubborn Weight, Improve Hormonal Health, and Slow Aging</p> <p>CYNTHIA THURLOW, NP</p>	 <p>FOREWORD BY DAVID PERLMUTTER, MD OF THE NEW YORK TIMES BESTSELLER <i>GRAIN BRICKS</i></p> <p>Nature Wants Us to Be Fat</p> <p>THE SURPRISING SCIENCE BEHIND WHY WE GAIN WEIGHT AND HOW WE CAN PREVENT—AND REVERSE—IT</p> <p>Richard J. Johnson, MD</p> <p>AUTHOR OF <i>THE FAT SWITCH</i></p>	 <p>FEATURING THE LUV DIET AND 45 RECIPES</p> <p>The Secret Key to Losing Weight, Controlling Blood Sugar and Achieving Extraordinary Health</p> <p>DR. DROP ACID</p> <p>The surprising new science of uric acid</p> <p>DR. DAVID PERLMUTTER</p> <p>AUTHOR OF <i>BRAIN WASH</i></p> <p>WITH KRISTIN LOBERG</p>
<p><u>Forever Strong</u></p>	<p><u>Mindless Eating</u></p>	<p><u>Intermittent Fasting Transformation</u></p>	<p><u>Nature Wants Us To Be Fat</u></p>	<p><u>Drop Acid</u></p>
 <p>THE INTERNATIONAL BESTSELLER</p> <p>Tiny Changes, Remarkable Results</p> <p>Atomic Habits</p> <p>An Easy & Proven Way to Build Good Habits & Break Bad Ones</p> <p>JAMES CLEAR</p> <p>THE #1 BESTSELLING HABIT BOOK</p>	 <p>NEW YORK TIMES BESTSELLER</p> <p>THE POWER OF HABIT</p> <p>WHY WE DO WHAT WE DO IN LIFE AND BUSINESS</p> <p>“THE ONLY BOOK YOU NEED TO CHANGE YOUR LIFE AND SUCCEED.” —<i>Entrepreneur</i></p> <p>Charles Duhigg</p> <p>WITH A NEW AFTERWORD BY THE AUTHOR</p>	 <p>“THIS BOOK WILL CHANGE YOUR LIFE, AND IF ENOUGH OF US COULD, IT WILL CHANGE THE WORLD.” —<i>Entrepreneur</i></p> <p>ARETÉ</p> <p>ACTIVATE YOUR HEROIC POTENTIAL</p> <p>VOLUME 1</p> <p>BRIAN JOHNSON</p>	 <p>THE #1 BESTSELLING ORGANIZING BOOK</p> <p>the life-changing magic of tidying up</p> <p>the Japanese art of decluttering and organizing</p> <p>marie kondo</p>	 <p>Companion to the #1 New York Times best-selling life-changing magic of tidying up</p> <p>spark joy</p> <p>the Japanese art of organizing and tidying up</p> <p>marie kondo</p>
<p><u>Atomic Habits</u></p>	<p><u>The Power of Habit</u></p>	<p><u>Arete'</u></p>	<p><u>The Life Changing Magic of Tidying Up</u></p>	<p><u>Spark Joy</u></p>