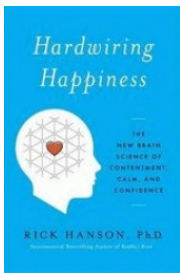


# Health Books

Health, Healthy Cooking, Living, etc

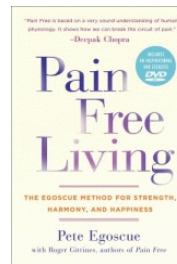
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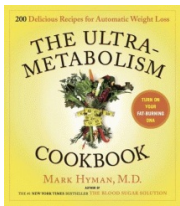
## Hardwiring happiness

Rick Hanson, Ph.D.



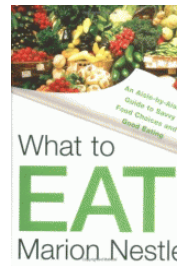
## Pain free living

Pete Egoscue, with Roger Gittines.



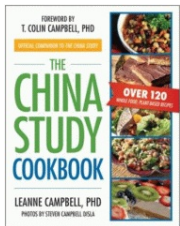
## The ultrametabolism cookbook

Mark Hyman ; recipes by Donna Boland.



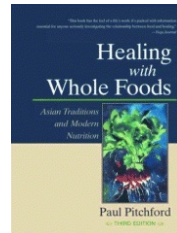
## What to eat

Marion Nestle.



## The China study cookbook

LeAnne Campbell, PhD ; foreword by T. Colin Campbell, coauthor of The China study.



## Healing with whole foods

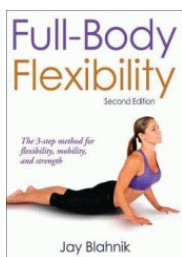
Paul Pitchford.

# Health Books

Health, Healthy Cooking, Living, etc

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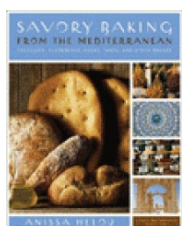
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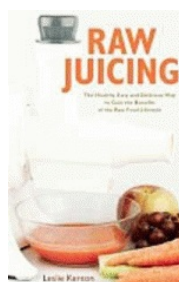
**Full-body flexibility**  
Jay Blahnik.



**You still won't believe it's gluten-free**  
Roben Ryberg.



**Savory baking from the Mediterranean**  
Anissa Helou.



**Raw juicing**  
Leslie Kenton with Russell Cronin.