

IIN-APPROVED BOOK LIST!

Change Your Brain, Change Your Life

by Daniel Amen, MD

Judgment Detox

by Gabrielle Bernstein

Mark Bittman's Kitchen Matrix

by Mark Bittman

The Blue Zones Solution

by Dan Buettner

The Healing Self

by Deepak Chopra, MD

Sweet Potato Soul

by Jenné Claiborne

Eat to Live Quick & Easy Cookbook

by Joel Fuhrman, MD

The Fresh & Healthy Instant Pot Cookbook

by Megan Gilmore

The Sleep Revolution

by Arianna Huffington

Food: What the Heck Should I Eat?

by Mark Hyman, MD

Claim Your Power

by Mastin Kipp

Good Clean Food

by Lily Kunin

Body Love

by Kelly LeVeque

How to Be Well

by Frank Lipman, MD

The New Health Rules

by Frank Lipman, MD

The Real Food Grocery Guide

by Maria Marlowe

Farmacology

by Daphne Miller, MD

Dodging Energy Vampires

by Christiane Northrup, MD

Real Food

by Nina Planck

Mind Over Medicine

by Lissa Rankin, MD

Integrative Nutrition

by Joshua Rosenthal

Serendipity

by Joshua Rosenthal

This Messy Magnificent Life

by Geneen Roth

Food Guilt No More

by Lindsey Smith

Eating Purely

by Elizabeth Stein

Eat, Drink, and Be Healthy

by Walter Willett, MD

Go with Your Gut

by Robyn Youkilis