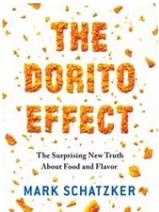




Eating Mindfully

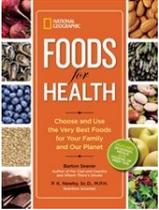
Adult Recommendations
E-Library Edition



The Dorito Effect: The Surprising New Truth About Food and Flavor Schatzker, Mark

In *The Dorito Effect*, Mark Schatzker shows us how our approach to the nation's number one public health crisis has gotten it wrong.

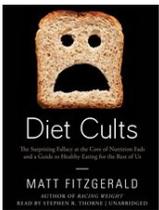
[Hoopla audiobook](#)



Foods for Health Seaver, Barton

For health-conscious cooks, clean eaters, and smart consumers, National Geographic introduces a science-based guide to healthy, everyday eating for your whole family-and the planet.

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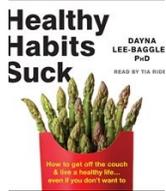


Diet Cults

Fitzgerald, Matt

From the national bestselling author of *Racing Weight*, Matt Fitzgerald exposes the irrationality, half-truths, and downright impossibility of a "single right way" to eat and reveals how to develop rational, healthy eating habits. .

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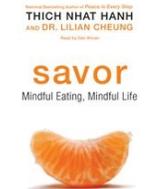


Healthy Habits Suck: How to Get Off the Couch and Live a Healthy Life. ..Even if You Don't Want To

Lee-Baggeley, Dayna

If you're someone who thinks about getting up to go for a run but goes back to sleep, regrets last night's dinner of fast food, and can barely get to work on time-let alone meditate-then this book will help you find the motivation you've been looking for to live your healthiest life, even when you don't want to.

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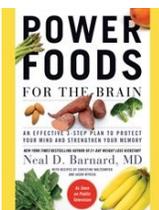


Savor: Mindful Eating, Mindful Life

Thich Nhat Hanh

Offering practical tools, including personalized goal setting, a detailed nutrition guide, and a mindful living plan, the authors help us to uncover the roots of our habits and then guide us as we transform our actions.

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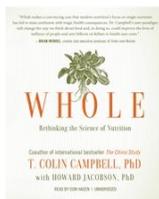


PowerFoods for the Brain

Barnard, Neal D

Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer's disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer's Disease.

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Whole: Rethinking the Science of Nutrition

Campbell, T. Colin

Whole is an eye-opening, paradigm-changing journey through cutting-edge thinking on nutrition, a scientific tour de force with powerful implications for our health and for our world.

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