Ten Minute Yoga by Donald Butler—Take only 10 minutes a day to enjoy yoga's rewards. Each series of exercises blends relaxing movements and postures with healthy breathing techniques, and balances sharper mental concentration with an awakening of the spirit.
Adult Nonfiction 613.704 B

Fitness Aquatics by Leanne Case—Whether you’re someone seeking a fun way to get in shape or a competitive swimmer looking for a training edge, you’ll find the right workouts for you in "Fitness Aquatics." With 60 workouts varying in length and intensity and three sample training programs, this easy-to-use guide allows you to customize your own workouts.
Adult Nonfiction 631.716 C

Total Fitness for Women by Joe Luxbacher—Exposes the myths and misconceptions surrounding fitness and weight loss, and clearly demonstrates how each of us posses the power to control and shape our physical destiny. Designed to benefit women of all ages and fitness levels.
Adult Nonfiction 613.7045 L

Health & Wellness

Simple Meditation & Relaxation by Joel Levey—Joel and Michelle Levey reveal their tools for leading a conscious life. Their technique allows readers to put aside distractions while gaining greater energy, health, and contentment.
Adult Nonfiction 242 L

Bottom Line’s Health Breakthroughs—Shocking new findings from the new frontiers of medicine. You may never hear about these alternative breakthroughs from mainstream doctors.
Adult Nonfiction 613.2 B

Prime-Time Health by William Sears—Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted and needed to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life—and it worked.
Adult Nonfiction 613.043 S

Guidebooks, Biographies and Cookbooks for a healthy summer!

Allen Park Public Library
8100 Allen Rd.
Allen Park, MI
(313) 381-2425
**Inspirational Biographies**

**Unbroken** by Laura Hillenbrand—On a May afternoon in 1943, an Army Air Forces bomber crashed into the Pacific Ocean and disappeared, leaving only a spray of debris and a slick of oil, gasoline, and blood. Then, on the ocean surface, a face appeared. It was that of a young lieutenant, the plane’s bombardier, who was struggling to a life raft and pulling himself aboard. So began one of the most extraordinary odysseys of the Second World War.

**Eat, Pray, Love** by Elizabeth Gilbert—In her early thirties, Elizabeth Gilbert had everything a modern American woman was supposed to want—husband, country home, successful career—but instead of feeling happy and fulfilled, she felt consumed by panic and confusion. This wise and rapturous book is the story of how she left behind all these outward marks of success, and of what she found in their place.

**Diet**

**Potatoes Not Prozac** by Kathleen DesMaisons—A natural seven-step dietary plan to stabilize the level of sugar in your blood, control your cravings and lose weight, and recognize how foods affect the way you feel.

**Deceptively Delicious** by Jessica Seinfeld—Mother of three, Jessica Seinfeld wages a personal war against sugars, packaged foods, and other nutritional saboteurs, offering appetising alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them.

**Eat This, Not That** by David Zinczenko—With more than 50,000 food products in the average supermarket, it’s no wonder shoppers feel confused and overwhelmed. How do they know what to buy to eat healthier and avoid packing on pounds? And as food prices skyrocket, how do consumers know they’re getting the best deals?

**Becoming Raw** by Brenda Davis—This book is written for anyone who wants to eat more raw foods, either to lose weight, fight chronic health problems, or benefit from the high level of nutrients in uncooked or sprouted foods. The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets recommended nutrient intakes simply and easily.

**Always Hungry** by David Ludwig—Forget everything you’ve been taught about dieting. Renowned endocrinologist Dr. David Ludwig explains why traditional diets don’t work, and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great.

**Fitness**

**Yoga for Dummies** by Georg Feuerstein—Once considered the exclusive domain of Eastern mystics, Yoga is, in reality, a practical mind and body discipline that can enrich the lives of everyone—physically and spiritually.