



Healthy Mind & Body



at
Portland Library
2016

Blatteis, Angela 613.26 BLA
The Soup Cleanse: a Revolutionary Detox of Nourishing Soups and Healing Broths

Davis, William 613.26 DAV
Wheat Belly 10-Day Grain Detox

Grigore, Adina 613.4 GRI
Skin Cleanse: the Simple, All-Natural Program for Clear, Calm, Happy Skin

Simmons, Russell 615.852 SIM
Success through Stillness: Meditation made Simple

Fuhrman, Joel 616.2 FUH
The End of Heart Disease: the Eat to Live Plan to Prevent and Reverse Heart Disease

Osborne, Peter 616.042 OSB
No Grain, No Pain: a 30-day Diet for Eliminating the Root Cause of Chronic Pain

National Geographic 615.5 NAT
Complete Guide to Natural Home Remedies: 1,025 Easy Ways to Live Longer, Feel Better & Enrich your Life

Chutkan, Robynne 616.3 CHU
The Microbiome Solution: a Radical New Way to Heal your Body from the Inside Out

Galland, Leo 616.973 GAL
The Allergy Solution: Unlock the Surprising, Hidden Truth about why You are sick & how to Get Well

Katz, Rebecca 641.563 KAT
The Healthy Mind Cookbook: Big-Flavor Recipes to enhance Brain Function, Mood, Memory and Mental Clarity

Maffucci, Ali 641.65 MAF
Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals

Beilock, Sian 153.7 BEI
How the Body knows its Mind: the Surprising Power of the Physical Environment to Influence how You think and Feel

Segar, Michelle 153.8 SEG
No Sweat: how the Simple Science of Motivation can bring you a Lifetime of Fitness

Mischke Reeds, Manuela 158.1 MIS
8 Keys to Practicing Mindfulness

Hudson, Kate 613.0424 HUD
Pretty Happy: Healthy Ways to Love your Body

Greger, Michael 613.2 GRE
How not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease

Mercola, Joseph 613.2 MER
Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight and Help your Body Fix Itself

Mullin, Gerard 613.25 MUL
The Gut Balance Revolution: Boost your Metabolism, Restore your Inner Ecology, and Lose the Weight for Good

Teta, Jade, M.D. 613.25 TET
Lose Weight Here: the Metabolic Secret to Target Stubborn Fat and Fix your Problem Areas

Wolfe, Jenna 613.25 WOL
Thinner in 30: Small Changes that add up to Big Weight Loss in just 30 Days

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