

## Health & Well-Being Reading / Listening List for 2021

### Books

- *Be: A No-Bullsh\*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself* by Jessica Zweig
- *Biohack Your Brain: How To Boost Cognitive Health, Performance & Power* by Kristen Willeumier, Ph.D.
- *Body Love: A Journal: 12 Weeks To Practice Positivity, Create Momentum, and Build Your Healthy Lifestyle* by Kelly Leveque
- *Clean Mind, Clean Body* by Tara Stiles
- *Cleaning Up Your Mental Mess: 5 Simple, Scientifically Proven Steps To Reduce Anxiety, Stress, and Toxic Thinking* by Caroline Leaf, Ph.D., BSc
- *Eat To Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks* by Drew Ramsey, M.D.
- *Fast This Way (How To Lose Weight, Get Smarter, and Live Your Longest, Healthiest Life With the Bulletproof Guide to Fasting)* by David Asprey
- *Happy, Not Perfect: Upgrade Your Mind, Challenge Your Thoughts, and Free Yourself From Anxiety* by Poppy Jamie
- *The Energy Paradox: What To Do When Your Get-Up-and-Go Has Got Up and Gone* by Steven Gundry, M.D.
- *How To Sleep: The New Science-Based Solutions for Sleeping Through the Night* by Rafael Pelayo, M.D.
- *I'm So Effing Tired: A Proven Plan To Beat Burnout, Boost Your Energy, and Reclaim Your Life* by Amy Shah, M.D.
- *Intuitive Fasting: The Flexible Four-Week Intermittent Fasting Plan To Recharge Your Metabolism and Renew Your Health* by William Cole, IFMCP, DNM, D.C.
- *Karma: A Yogi's Guide To Crafting Your Destiny* by Sadhguru
- *Love Your Gut: Supercharge Your Digestive Health and Transform Your Well-Being From the Inside Out* by Megan Rossi Ph.D., R.D.
- *Metabolical: The Lure and the Lies of Processed Food, Nutrition, and Modern Medicine* by Robert Lustig, M.D.
- *The 30-Day Alzheimer's Solution: The Definitive Food and Lifestyle Guide to Preventing Cognitive Decline* by Dean Sherzai, M.D., and Ayesha Sherzai, M.D.
- *The Art of Impossible: A Peak Performance Primer* by Steven Kotler
- *The Case for Keto: Rethinking Weight Control and the Science and Practice of Low-Carb/High-Fat Eating* by Gary Taubes
- *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It* by Ethan Kross, Ph.D.
- *The Scaffold Effect: Raising Resilient, Self-Reliant, and Secure Kids in an Age of Anxiety* by Harold Koplewicz, M.D.
- *The Pegan Diet: 21 Practical Principles for Reclaiming Your Health in a Nutritionally Confusing World* by Mark Hyman, M.D.

Source: <https://www.mindbodygreen.com/articles/health-books>

## Podcasts for 2021

- Mind Pump
- Ben Greenfield Fitness
- The Drive with Peter Attia
- The Doctor's Farmacy
- Found My Fitness with Rhonda Patrick
- The Rich Roll Podcast
- Another Mother Runner
- 20 Minute Fitness Podcast
- Run, Selfie, Repeat
- Hurdle

source: <https://www.podcast.co/inspire/best-health-fitness-podcasts-of-2021>

## Blogs for 2021

**The Art of Healthy Living**  
[www.Artofhealthyliving.com](http://www.Artofhealthyliving.com)

**Nerd Fitness**  
[www.nerdfitness.com/blog/](http://www.nerdfitness.com/blog/)

**Shape**  
[www.shape.com](http://www.shape.com)

**Health Magazine**  
[www.health.com/nutrition](http://www.health.com/nutrition)

**Mellowed**  
[www.mellowed.com/category/health-wellness/](http://www.mellowed.com/category/health-wellness/)

**NPR Shots**  
[www.npr.org/sections/health-shots/](http://www.npr.org/sections/health-shots/)

**Well - The New York Times**  
[www.nytimes.com/section/well](http://www.nytimes.com/section/well)

**Harvard Health Blog**  
[www.health.harvard.edu/blog/](http://www.health.harvard.edu/blog/)

**Tiny Buddha**  
[www.Tinybuddha.com](http://www.Tinybuddha.com)