

GENERAL HEALTH & LONGEVITY

- **Becoming Vegan**, Brenda Davis, RD and Vesanto Melina, MS, RD
- **Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating**, Dr. Walter C. Willett, MD, DrPH with Patrick J. Skerrett
- **Eat for Health**, Dr. Joel Fuhrman, MD
- **Eat for Life**, Dr. Joel Fuhrman, MD
- **Fiber Fueled**, Dr. Will Bulsiewicz, MD, MSCI
- **How Not to Die**, Dr. Michael Greger, MD, FACLM
- **Plant-Strong**, Rip Esselstyn
- **Power Foods for the Brain**, Dr. Neal Barnard, MD, FACC
- **Super Immunity**, Dr. Joel Fuhrman, MD
- **The China Study**, T. Colin Campbell, PhD and Thomas M. Campbell II, MD
- **The Healthspan Solution**, Julieanna Hever and Ray Cronise
- **The Starch Solution**, Dr. John A. McDougall, MD
- **UnDo It! How Simple Lifestyle Changes Can Reverse Most Chronic Disease**, Dr. Dean Ornish, MD and Anne Ornish

WEIGHT MANAGEMENT

- **21-Day Weight Loss Kickstart**, Dr. Neal Barnard, MD, FACC
- **Eat to Live**, Dr. Joel Fuhrman, MD
- **How Not to Diet**, Dr. Michael Greger, MD, FACLM
- **The Cheese Trap**, Dr. Neal Barnard, MD, FACC
- **The Dorito Effect**, Mark Schatzker
- **The End of Craving**, Mark Schatzker
- **The End of Dieting**, Dr. Joel Fuhrman, MD
- **The McDougall Program for Maximum Weight Loss**, Dr. John A. McDougall, MD

DIABETES

- **Dr. Neal Barnard's Program for Reversing Diabetes**, Dr. Neal Barnard, MD, FACC
- **Kick Diabetes Essentials: The Diet and Lifestyle Guide**, Brenda Davis, RD and Vesanto Melina, MS, RD
- **Mastering Diabetes**, Dr. Neal Barnard, MD, FACC
- **The End of Diabetes**, Dr. Joel Fuhrman, MD

HEART DISEASE

- **Dr. Dean Ornish's Program for Reversing Heart Disease**, Dr. Dean Ornish, MD
- **Prevent and Reverse Heart Disease**, Dr. Caldwell B. Esselstyn, Jr., MD
- **The Plant-Based Solution**, Dr. Joel K. Kahn, MD

ATHLETES

- **The Plant Based Athlete**, Matt Frazier and Robert Cheeke
- **The Plant-Based Boost: Nutrition Solutions for Athletes and Exercise Enthusiasts**, Melissa Halas, MA, RDN, CDE
- **Thrive: The Vegan Nutrition Guide to Optimal Performance in Sports and Life**, Brendan Brazier

CHILDREN

- **Disease-Proof Your Child**, Dr. Joel Fuhrman, MD
- **Nourish: The Definitive Plant-Based Nutrition Guide for Families**, Dr. Reshma Shah, MD, MPH and Brenda Davis, RD
- **The Plant-Based Baby & Toddler**, Whitney English, MS RDN and Alexandra Caspero, MA RDN