

## ***Recommended Books!***

*This is a list of some of the books I loved!*

- ✓ 4:09:43 Boston 2013 – Hal Higdon
- ✓ 5K/10K Running – Jeff Galloway
- ✓ Can't Nothing Bring me Down-Keeling
- ✓ Cholesterol Clarity – Jimmy Moore
- ✓ Complete Guide to Fasting – Dr. Fung
- ✓ Deep Nutrition – Dr. Cate Shanahan
- ✓ Eat Happy Cookbook – Anna Vocino
- ✓ Eat Rich Live Long – Cummins/Gerber
- ✓ Fat Chance – Dr. Robert Lustig
- ✓ Fit2Fat2Fit – Drew Manning
- ✓ Fitness Confidential – Vinnie Tortorich
- ✓ Fix Your Diet/Diabetes – Dr. Hampton
- ✓ Good Calories Bad Calories-Taubes
- ✓ Grain Brain – Dr. Perlmutter
- ✓ Hacking the American Mind – Lustig
- ✓ Half Marathon You Can Do It – Galloway
- ✓ Healing Back Pain – Dr. Sarno
- ✓ How to Read a Paper – The Basics of Evidence Based Medicine – Greenhalgh
- ✓ Keto Clarity – Jimmy Moore
- ✓ Lies my Doctor Told Me – Dr. Ken Berry
- ✓ Lore of Nutrition – Dr. Timothy Noakes
- ✓ Marathon You Can Do it – Galloway
- ✓ Meb for Mortals – Keflezighi
- ✓ Men's Health Big Book of Exercises – Adam Campbell
- ✓ Primal Endurance – Mark Sisson
- ✓ Pure,White, and Deadly – Lustig
- ✓ Real Food Fake Food – Dr. Teitelbaun
- ✓ Real Food Keto – Jimmy Moore
- ✓ Run Walk Method – Jeff Galloway
- ✓ Starting Strength – Mark Rippetoe
- ✓ Stop Negative Thinking – Dr. Orman
- ✓ The Big Fat Surprise – Nini Teicholz
- ✓ The Case Against Sugar – Taubes
- ✓ The Diabetes Code – Dr. Jason Fung
- ✓ The Great Cholesterol Myth – Bowden
- ✓ The Lore of Running – Tim Noakes
- ✓ The Low Carb Athlete – Ben Greenfield
- ✓ The New Atkins for a New You – Dr. Eric Westman
- ✓ The Obesity Code – Dr. Jason Fung
- ✓ The Paleo Cardiologist- Dr. Jack Wolfson
- ✓ The Road to Sparta - Dean Karnazes
- ✓ The Vegetarian Myth – Lierre Keith
- ✓ The Wahls Protocol – Dr. Terry Wahls
- ✓ Undoctored – Dr. William Davis
- ✓ Unsavory Truth – Marion Nestle
- ✓ What the Fat – Scholfield

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- ✓ Wheat Belly – Dr. William Davis
- ✓ Why we Get Fat and What To Do About It – Gary Taubes
- ✓ Women’s Health Big Book of Exercises – Adam Campbell
- ✓ Your Best Health Ever – Dr. Bret Scher

Have a book to recommend to me, let me know! [DreadmillPhil@Gmail.com](mailto:DreadmillPhil@Gmail.com)