

Suggested Reading List

The most influential books that have shaped my thinking concerning health and well being.

- ◇ **Hippocrates Shadow** - Secrets from the house of medicine - David Newman, MD
- ◇ **Wall of Silence** - The untold story of the medical mistakes - R. Gibson and J. Prasad Singh
- ◇ **Sick** - The untold story of America's health care crisis - Jonathon Cohn
- ◇ **How Doctors Think** - Jerome Groopman, MD
- ◇ **Overdose** - The case against drug companies - Jay Cohen, MD
- ◇ **The Last Well Person** - How to stay well despite the health-care system - Nortin Hadler, MD
- ◇ **Selling Sickness** - Ray Moynihan and Alan Cassels
- ◇ **Overdosed America** - The broken promise of American medicine - John Abramson, MD
- ◇ **Internal Bleeding** - The truth behind America's terrifying epidemic of medical mistakes
- Robert Wachter, MD and Kaveh Shojania, MD
- ◇ **Limits To Medicine** - Medical Nemesis - Ivan Illich
- ◇ **Big Pharma** - Exposing the global healthcare agenda - Jacky Law
- ◇ **Critical Condition** - Big business and Bad Medicine - Donald Barlett and James Steele
- ◇ **On The Take** - Jerome Kassirer, MD
- ◇ **The Big Fix** - How the pharmaceutical industry rips off American consumers - Katherine Greider
- ◇ **Hooked** - Howard Brody
- ◇ **Better** - A surgeon's notes on performance - Atul Gawande, MD
- ◇ **Complications** - A surgeon's notes on an imperfect science - Atul Gawande
- ◇ **The Balance Within** - The science connecting health and emotions - Esther Sternberg, MD
- ◇ **Molecules of Emotion** - The science behind mind-body medicine - Candace Pert, PhD
- ◇ **Survival of The Sickest** - The surprising connections between disease and longevity
- Dr. Sharon Moalem

Suggested Reading List Page 2

- ◇ **Timeless Healing** - The power and biology of belief - Herbert Benson, MD
- ◇ **The Biology of Belief** - Bruce Lipton, PhD
- ◇ **Health and Nutritional Secrets That Can Save Your Life** - Russell Blaylock, MD
- ◇ **The Stress of Life** - Hans Selye, MD
- ◇ **The Wisdom of The Body** - Walter Cannon, MD
- ◇ **Why Zebras Don't Get Cancer** - Robert Sapolsky
- ◇ **The Loss of Sadness** - How psychiatry transformed normal sorrow into depressive disorder
- Allan Horwitz and Jerome Wakefield
- ◇ **Psyched Out** - Kelly O'Meara
- ◇ **Flu** - The Story of the influenza pandemic of 1918 and the search for the virus that caused it
- Gina Kolata
- ◇ **The 22 Non** - Negotiable Laws of Wellness- Greg Anderson
- ◇ **The Structure of Scientific Revolutions** - Thomas Kuhn
- ◇ **The Humanizing Brain** - James Ashbrook and Carol Rausch Albright
- ◇ **The Omnivore's Dilemma** - Michael Pollan
- ◇ **In Defense of Food** - Michael Pollan
- ◇ **Eater's Manual** - Michael Pollan
- ◇ **The Queen of Fats** - Susan Allport
- ◇ **The Omega-3 Connection** - Andrew Stoll, MD
- ◇ **Your Body's Many Cries For Water** - F. Batmanghelidj, MD
- ◇ **The Great Cholesterol Con** - Anthony Colpo
- ◇ **Sugar Shock** - Connie Bennett and Stephen Sinatra, MD
- ◇ **Sugar...Stop The Addiction** - Kelly Genzlinger
- ◇ **Maximized Living Nutritional Plans** - Dr.'s B J Hardick and Ben Learner
- ◇ **Nourishing Traditions** - Sally Fallon
- ◇ **Talent is Overrated** - What really separates world class performers from everybody else
- Geoff Colvin