

What Books Are We Reading?

Books:

- The Slow Down Diet by Marc David
- Practical Paleo by Diane Sanfilippo
- The Second Brain by Michael Gershon
- Why Do I Still Have Thyroid Symptoms? by Dr. Datis Kharrazian
- Why Isn't My Brain Working? by Dr. Datis Kharrazian
- Making Habits, Breaking Habits by Jeremy Dean
- The Little Book of Talent by Daniel Coyle
- The 4-Hour Work Week by Tim Ferris
- Cholesterol Clarity by Jimmy Moore
- Against All Grain Cookbook by Danielle Walker
- Paleo Lunches & Breakfasts on the Go by Diana Rodgers, NTP
- GULP by Mary Roach

Miscellaneous:

- Mindful Magazine
- TedTALK - How to Cut an Onion: Cynthia Lair -- the unexpected benefits of mindful cooking