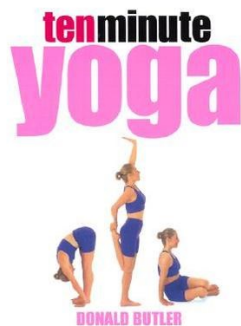


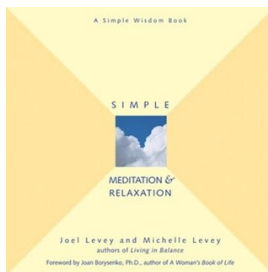
Ten Minute Yoga by Donald Butler—Take only 10 minutes a day to enjoy yoga's rewards. Each series of exercises blends relaxing movements and postures with healthy breathing techniques, and balances sharper mental concentration with an awakening of the spirit.



Adult Nonfiction 613.704 B

Health & Wellness

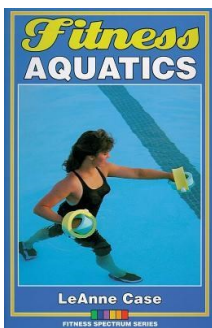
Simple Meditation & Relaxation by Joel Levey—Joel and Michelle Levey reveal their tools for leading a conscious life. Their technique allows readers to put aside distractions while gaining greater energy, health, and contentment.



Levey—Joel and Michelle Levey reveal their tools for leading a conscious life. Their technique allows readers to put aside distractions while gaining greater energy, health, and contentment.

Adult Nonfiction 242 L

Fitness Aquatics by Leanne Case—Whether you're someone seeking a fun way to get in

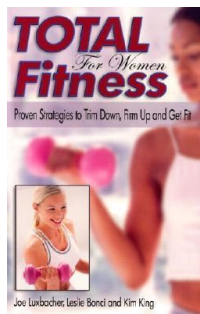


shape or a competitive swimmer looking for a training edge, you'll find the right workouts for you in "Fitness Aquatics." With 60 workouts varying in length and intensity and three sample training programs, this easy-to-use guide allows you to customize your own workouts.

Adult Nonfiction 631.716 C

Total Fitness for Women by Joe Luxbacher—

Exposes the myths and misconceptions surrounding fitness and weight loss, and clearly demonstrates how each of us possesses the power to control and shape our physical destiny. Designed to benefit women of all ages and fitness levels.

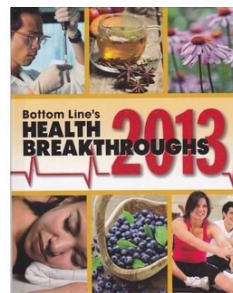


Adult Nonfiction 613.7045 L

Bottom Line's Health Breakthroughs —

Shocking new findings from the new frontiers of medicine. You may never hear about these alternative breakthroughs from mainstream doctors.

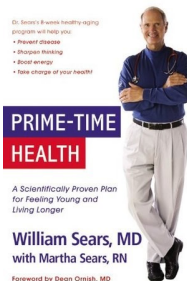
Adult Nonfiction 613.2 B



Prime-Time Health by William Sears—Twelve

years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted and needed to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life—and it worked.

Adult Nonfiction 613.043 S



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Adult Summer Reading Booklist

Guidebooks, Biographies and Cookbooks for a healthy summer!



Allen Park Public Library

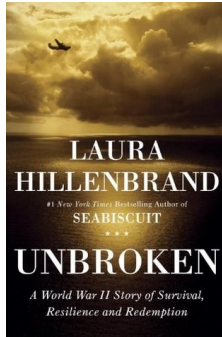
8100 Allen Rd.

Allen Park, MI

(313) 381-2425

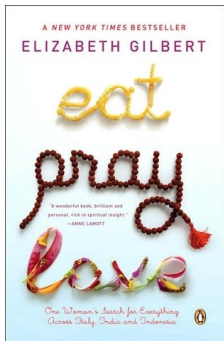
Inspirational Biographies

Unbroken by Laura Hillenbrand—On a May afternoon in 1943, an Army Air Forces bomber crashed into the Pacific Ocean and disappeared, leaving only a spray of debris and a slick of oil, gasoline, and blood. Then, on the ocean surface, a face appeared. It was that of a young lieutenant, the plane's bombardier, who was struggling to a life raft and pulling himself aboard. So began one of the most extraordinary odysseys of the Second World War.

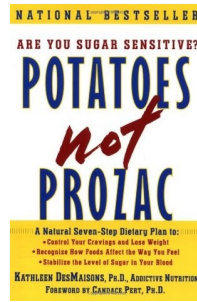


Adult BIO Zamperi

Eat, Pray, Love by Elizabeth Gilbert- In her early thirties, Elizabeth Gilbert had everything a modern American woman was supposed to want—husband, country home, successful career—but instead of feeling happy and fulfilled, she felt consumed by panic and confusion. This wise and rapturous book is the story of how she left behind all these outward marks of success, and of what she found in their place.



Adult Nonfiction 910.4 G/LP BIO Gilbert

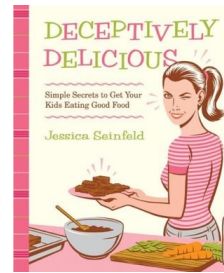


Potatoes Not Prozac by Kathleen DesMaisons—A natural seven-step dietary plan to stabilize the level of sugar in your blood, control your cravings and lose weight, and recognize how foods affect the way you feel.

Adult Nonfiction 616.85 D

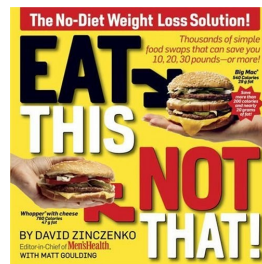
Deceptively Delicious by Jessica Seinfeld

Seinfeld—Mother of three, Jessica Seinfeld wages a personal war against sugars, packaged foods, and other nutritional saboteurs, offering appetising alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them.



Adult Nonfiction 641.597 S

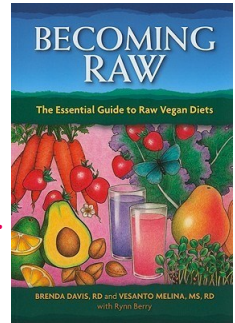
Eat This, Not That by David Zinczenko—With more than 50,000 food products in the average supermarket, it's no wonder shoppers feel confused and overwhelmed. How do they know what to buy to eat healthier and avoid packing on pounds? And as food prices skyrocket, how do consumers know they're getting the best deals?



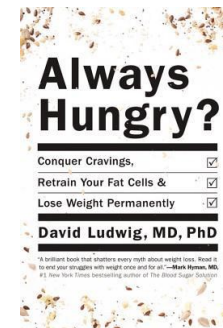
Adult Nonfiction 613.2 Z

Diet

Becoming Raw by Brenda Davis—This book is written for anyone who wants to eat more raw foods, either to lose weight, fight chronic health problems, or benefit from the high level of nutrients in uncooked or sprouted foods. The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets recommended nutrient intakes—simply and easily.



Adult Nonfiction 613.265 D

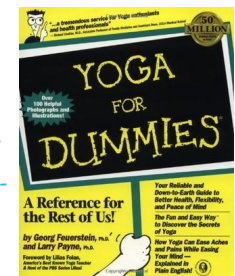


Always Hungry by David Ludwig—Forget everything you've been taught about dieting. Renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work, and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great.

Adult Nonfiction 613.25 L

Fitness

Yoga for Dummies by Georg Feuerstein—Once considered the exclusive domain of Eastern mystics, Yoga is, in reality, a practical mind and body discipline that can enrich the lives of everyone - physically and spiritually.



Adult LP Nonfiction 613.704 F