



The Barefoot Tiger Suggested Reading List

Books:

The China Study, T. Colin Campbell, Thomas M. Campbell II, John Robbins, & Howard Lyman

Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating, Walter Willett and P.J. Skerrett

Fast Food Nation, Eric Schlosser

Food and Healing, Anne Marie Colbin

Food Politics: How the Food Industry Influences Nutrition and Health, Marion Nestle

Healing with Whole Foods: Asian Traditions and Modern Nutrition, Paul Pitchford

The Heart of Yoga: Developing a Personal Practice, T.K.V. Desikachar

The Men's Health Home Workout Bible, Lou Shuler and Michael Mejia

Light on Yoga, B. K. S. Iyengar

Nourishing Wisdom, Mark David

The Omnivore's Dilemma Michael Pollen

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss, Lisa R. Young

Prescription for Nutritional Healing, Phyllis A. Balch

Skinny Bitch, Kim Barnouin and Rory Freedman

Women's Bodies, Women's Wisdom, Christiane Northrup

Your Body Knows Best, Ann Louise Gittleman

The 4-Hour Workweek, Timothy Ferriss

Magazines:

Yoga Journal • *Body & Soul* • *Natural Health* • *Women's Health* • *Men's Health*

Cookbooks:

The Complete Vegetarian Times Cookbook, *Vegetarian Times Magazine*

Cooking Light Annual Recipes 2007, *Cooking Light magazine*

Greens Glorious Greens, Johnna Albi

The Healthy Kitchen, Dr. Andrew Weil and Rosie Daley

Vegan with a Vengeance, Isa Chandra Moskowitz