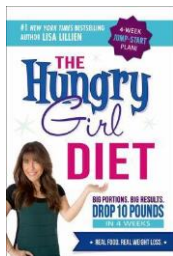


New Year, New You Book Talk...Twin Lakes Library...January 27, 2015

Diet/Health/Consumer Medical Books



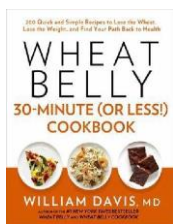
The Hungry Girl Diet by Lisa Lillien

613.25/LIL

“A diet based on the Hungry Girl philosophy shares the author's signature "super-sizing" techniques combined with guilt-free recipes in a four-week plan that includes tips for staying on target, dining out, and making strategic choices at the grocery store.”

Find out more on the Hungry Girl website: <http://www.hungry-girl.com/>

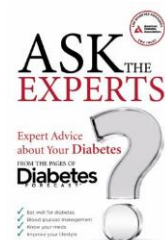
Online recipes, tips and diet news. Also a Hungry Girl Diet app.



Wheat Belly 30-Minute or Less Cookbook by William Davis, M.D.

641.563/DAV

“A volume of quick-prepare, wheat-free recipes explains the potential role of wheat in a range of health problems, introducing recommendations for adopting a wheat-free diet and stocking a pantry with healthier alternatives.”

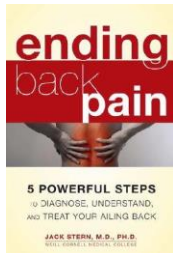


Ask the Experts: Expert Answers about Your Diabetes by Diabetes Forecast

Magazine

616.462/ASK

“Each month the editors of Diabetes Forecast publish answers to relevant questions submitted by readers. The answers, written by physicians, nurse practitioners, physician assistants, dietitians, diabetes educators, and other experts in the diabetes research and clinical communities, help people with diabetes and their loved ones live healthier lives with this chronic disease...”



Ending Back Pain by Jack Stern, M.D.

617.564/STE

“Five steps to a better back. Virtually every American will experience back pain at some point. But it needn't turn into a chronic, debilitating condition with no relief in sight. And it may not require surgery or another form of invasive therapy. Fortunately, with today's technology and the latest science on traditional and integrative medicines, back pain is treatable, and celebrated neurosurgeon Jack stern, M.D., Ph.D., shows you how to end the suffering for good.”

Health/Diet/Fitness Magazines

- Mayo Clinic Health Letter: Reliable Information for a Healthier Life (Twin Lakes)
- Prevention (Salem online via Zinio)
- Nutrition Action Health Letter (Salem)
- Arthritis Today (Salem)
- Diabetes Forecast (Salem)
- Yoga (Salem & online via Zinio)
- Men's Health (Twin Lakes online via Zinio)
- Health (Twin Lakes)
- Weight Watchers (online via Zinio)
- Cooking Light (Twin Lakes)
- Whole Living (online via Zinio)