

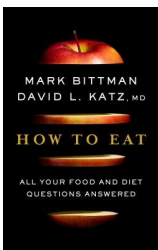


MISSION
VIEJO
LIBRARY

Health & Wellness Reading List

This reading list, created as a complement to the City of Mission Viejo's annual [Oso Fit 5K and Health Fair](#), features nonfiction titles that encourage a smart and healthy lifestyle for all ages.

NUTRITION



[How to eat: all your food and diet questions answered](#)

Mark Bittman | 613.2 BIT

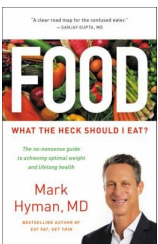
Food writer and cook Mark Bittman and health expert David Katz, MD, filter the science of diet and nutrition through a lens of common sense, delivering straightforward advice with a healthy dose of wit in a Q&A format.



[Simply Laura Lea: balanced recipes for everyday living](#)

Laura Lea Goldberg | 641.5637 GOL

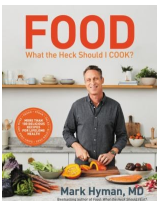
Holistic chef Laura Lea promotes an attainable approach to whole foods and healthy cooking in this collection of 130 delicious and balanced recipes that she uses in her daily life. Featuring easy-to-find ingredients, her recipes appeal to both new and seasoned home cooks.



[Food: what the heck should I eat?](#)

Mark Hyman | 613.2 HYM

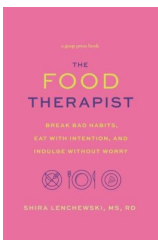
Demystifies conflicting dietary advice to explain the crucial role of food in health, examining each food group to reveal what popular opinions have gotten right and wrong so you can make informed choices to lose weight and promote wellness.



[Food: what the heck should I cook?](#)

Mark Hyman | 641.563 HYM

The companion cookbook to Dr. Hyman's *Food: What the Heck Should I Eat?* features more than 100 delicious and nutritious recipes for weight loss and lifelong health.



[The food therapist: break bad habits, eat with intention, and indulge without worry](#)

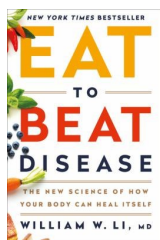
Shira Lenchewski | 615.854 LEN

Registered dietician Shira Lenchewski reveals the root causes of our emotional hang-ups around food, and provides tools to help you plan ahead wisely, conquer cravings without deprivation, and recognize fullness signals. She encourages a truly positive relationship with food to finally make peace with our bodies and the scale.



MISSION
VIEJO
LIBRARY

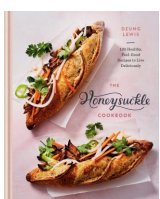
Health & Wellness Reading List



[Eat to beat disease: the new science of how the body can heal itself](#)

William W. Li | 616.39 LI

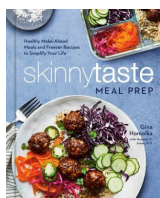
Pioneering physician scientist, Dr. William Li, shows readers the evidence behind over 200 health-boosting foods that can potentially help avoid disease. This book shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems.



[The Honeysuckle cookbook: 100 healthy, feel-good recipes to live deliciously](#)

Dzung Lewis | 641.595 LEW

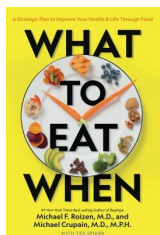
A guide to easy, approachable Asian-influenced cooking at home, aimed at busy young professionals who appreciate familiar recipes with a twist.



[Skinnytaste meal prep: healthy make-ahead meals and freezer recipes to simplify your life](#)

Gina Homolka | 641.555 HOM

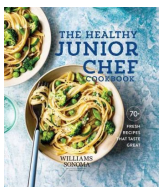
More than 120 healthy, diverse, and convenient recipes that use everyday ingredients for satisfying, high-nutrient freezer foods, minimum-effort suppers and grab-and-go breakfasts and lunches.



[What to eat when: a strategic plan to improve your health and life through food](#)

Michael F. Roizen | 613 ROI

This guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot. Acclaimed internist Michael Roizen and certified physician Michael Crupain offer readers science-based choices for foods that benefit them most.

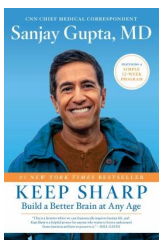


[The healthy junior chef cookbook](#)

Erin Scott | J 641.5123 HEA

This collection of more than 70 kid-friendly recipes for breakfast, soups, salads, main courses, snacks and dessert will have kids cooking up surprisingly healthy favorites without sacrificing any of the flavors they love.

MINDFULNESS & BRAIN HEALTH



[Keep sharp: build a better brain at any age](#)

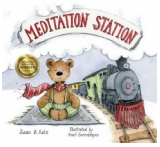
Sanjay Gupta | 153.4 GUP

Neurosurgeon Dr. Sanjay Gupta offers insights from top scientists and debunks common myths about aging and cognitive decline. He addresses brain disease and provides readers with practical strategies to strengthen your brain every day.



MISSION
VIEJO
LIBRARY

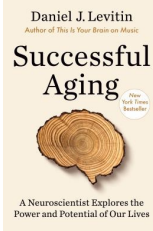
Health & Wellness Reading List



Meditation station

Susan B. Katz | J 158.128 KAT

This guide for ages 4-8 visualizes racing thoughts as a locomotive and teaches children to gently quiet their bodies and minds.



Successful aging: a neuroscientist explores the power and potential of our lives

Daniel J. Levitin | 612.82 LEV

This title offers insights to what happens in our brains as we age; why we should think about health span, not life span; and, based on neuroscientific evidence, how you can make the most of your seventies, eighties, and nineties today, no matter how old you are now.

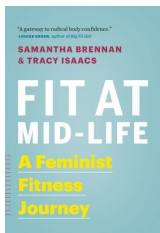


Peaceful like a panda

Kira Willey | J 158.12 WIL

A collection of mindfulness exercises to help kids calmly and mindfully navigate their day. With sections dedicated to key activities in a child's routine- waking up, learning, playing, and bedtime- kids can learn techniques for managing their bodies, breath, and emotions.

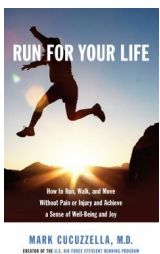
MOVEMENT AND EXERCISE



Fit at mid-life: a feminist fitness journey

Samantha Brennan | 613.04244 BRE

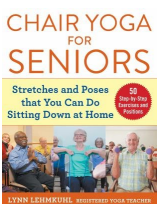
Inspired by a personal challenge to become the fittest they'd ever been by age fifty, the authors offer a new approach to athleticism--one that champions strength, health, and personal accomplishment over weight loss and aesthetics.



Run for your life

Mark Cucuzzella | 613.7172 CUC

In this title for beginning runners and experienced marathoners, a running doctor and scientist shows us in clearly illustrated and accessible text how easy it is to run efficiently and injury-free, whether you're in your 20s, 60s or 70s.



Chair yoga for seniors: stretches and poses that you can do sitting down at home

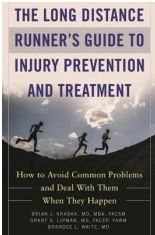
Lynn Lehmkuhl | 613.7 LEH

Chair yoga allows anyone to experience the benefits of exercise without the worry of falling. In this book, registered yoga practitioner and instructor Lynn Lehmkuhl offers readers easy-to-follow yoga positions and stretches that can be done at home, while sitting down.



MISSION
VIEJO
LIBRARY

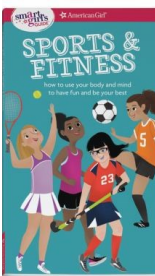
Health & Wellness Reading List



The long distance runner's guide to injury prevention and treatment

Brian Krabak | 617.1027642 LON

A vital source to help runners understand and avoid common causes of injuries, this title offers insights from medical professionals who specialize in treating enduring athletes and addresses topics such as nutrition, muscular ailments, skeletal injuries, and recovery.



Sports & fitness: how to use your body and mind to play and feel your best

Therese Kauchak Maring | J 613.7045 MAR

Aimed at young elementary-school aged athletes in any sport, this book offers exercises to make you stronger and last longer, confidence-building and brain power drills, insights on keeping your body healthy, advice for talking with coaches and parents, and more.



Science of running: analyze your technique, prevent injury, revolutionize your training

Chris Napier, PhD | 613.7172 NAP

Answers all your running-related questions, from what's going on in your lungs during a sprint to the science behind the legendary "runner's high." Learn how to run faster, further, and for longer--scientifically.

Additional books can be found on the nonfiction shelves in the adult and children's areas of the library:

Fitness & Exercise: 613.7

General Nutrition: 613.2

Healthy Cooking: 641.5

Meditation: 158.1