

THE VITALITY READING LIST



MOVEMENT

- *Age Later: Health Span, Life Span, and the New Science of Longevity* by Nir Barzilai with Toni Robino
- *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists* by Thomas W. Myers
- *Becoming A Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance* by Kelly Starrett with Glen Cordoza
- *Core Performance: The Revolutionary Workout Program to Transform Your Body and Your Life* by Mark Verstegen and Pete Williams
- *Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance* by Alex Hutchinson
- *Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding* by Daniel E. Lieberman
- *Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love* by Tony Robbins and Peter Diamandis
- *Mind Gym: An Athlete's Guide to Inner Excellence* by Gary Mack with David Casstevens
- *Peak: The New Science of Athletic Performance That is Revolutionizing Sports* by Marc Bubbs
- *Strength Training Anatomy* by Frédéric Delavier
- *The 4-Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman* by Timothy Ferris
- *The Body: A Guide for Occupants* by Bill Bryson
- *The New Health Rules: Simple Changes to Achieve Whole Body Wellness* by Frank Lipman and Danielle Claro
- *Yoga Anatomy: Your Illustrated Guide to Postures, Movements, and Breathing Techniques* by Leslie Kaminoff and Amy Matthews

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NUTRITION

- *Deep Nutrition: Why Your Genes Need Traditional Food* by Catherine Shanahan with Luke Shanahan
- *Food Rules: An Eater's Manual* by Michael Pollan
- *Genius Foods: Become Smarter, Happier, and More Productive* by Max Lugavere and Paul Grewal
- *Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight, and Disease* by Gary Taubes
- *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers* by David Perlmutter and Kristin Loberg
- *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease* by Michael Greger with Gene Stone
- *In Defense of Food: An Eater's Manifesto* by Michael Pollan
- *Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love* by Tony Robbins and Peter Diamandis
- *Lifespan: Why We Age—and Why We Don't Have To* by David Sinclair and Matthew D. LaPlante
- *SuperLife: The 5 Simple Fixes That Will Make You Healthy, Fit, and Eternally Awesome* by Darin Olien
- *The 4-Hour Chef: The Simple Path to Cooking Like a Pro, Learning Anything, and Living a Good Life* by Timothy Ferriss
- *The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight* by Satchin Panda
- *The New Health Rules: Simple Changes to Achieve Whole Body Wellness* by Frank Lipman and Danielle Claro
- *The Obesity Code: Unlocking the Secrets of Weight Loss* by Dr. Jason Fung and Timothy Noakes
- *The Omnivore's Dilemma: A Natural History of Four Meals* by Michael Pollan
- *The Science and Technology of Growing Young: An Insider's Guide to the Breakthroughs that Will Dramatically Extend Our Lifespan...and What You Can Do Right Now* by Sergey Young

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RECOVERY

- *An Elegant Defense: The Extraordinary New Science of the Immune System* by Matt Richtel
- *Becoming A Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance* by Kelly Starrett with Glen Cordoza
- *Breath: The New Science of a Lost Art* by James Nestor
- *Good to Go: What the Athlete in All of Us Can Learn From the Strange Science of Recovery* by Christie Aschwanden
- *Immune: A Journey into the Mysterious System That Keeps You Alive* by Philipp Dettmer
- *Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love* by Tony Robbins and Peter Diamandis
- *Peak: The New Science of Athletic Performance That is Revolutionizing Sports* by Marc Bubbs
- *The Breathing Cure: Develop new Habits for a Healthier, Happier, and Longer Life* by Patrick McKeown
- *The Cold Therapy Code: Rediscover Your Vitality Through Cold Exposure* by James Smart
- *The Oxygen Advantage: Simple, Scientifically Proven Breathing That Will Revolutionise Your Health and Fitness* by Patrick McKeown
- *The Ripple Effect: Sleep Better, Eat Better, Move Better, Think Better* by Greg Wells
- *The Sleep Revolution: Transforming Your Life, One Night at a Time* by Arianna Huffington
- *The Sleep Solution: Why Your Sleep is Broken and How to Fix It* by W. Chris Winter
- *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker

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LIFESTYLE PART 1

- *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* by Daniel Goleman and Richard J. Davidson
- *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* by James Clear
- *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* by Martin E. P. Seligman
- *Can't Hurt Me: Master Your Mind and Defy the Odds* by David Goggins
- *Change Maker* by John Berardi
- *Curious: The Desire to Know and Why Your Future Depends On It* by Ian Leslie
- *Deep Work: Rules for Focused Success in a Distracted World* by Cal Newport
- *Dopamine Nation: Finding Balance in the Age of Indulgence* by Anna Lembke
- *Drive: The Surprising Truth About What Motivates Us* by Daniel H. Pink
- *Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done in Less Time* by Brian Tracy
- *Emotional Intelligence 2.0* by Dr. Travis Bradberry and Dr. Jean Greaves
- *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman
- *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown
- *Flow* by Mihaly Csikszentmihalyi
- *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life* by Arthur C. Brooks
- *How Emotions are Made: The Secret Life of the Brain* by Lisa Feldman Barrett
- *Learned Optimism: How to Change Your Mind and Your Life* by Martin E. P. Seligman
- *Mindset: The New Psychology of Success* by Carol Dweck
- *Range: Why Generalists Triumph in a Specialized World* by David Epstein
- *Seven and a Half Lessons About the Brain* by Lisa Feldman Barrett
- *Start With Why: How Great Leaders Inspire Everyone to Take Action* by Simon Sinek

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LIFESTYLE PART 2

- *Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present* by Nick Trenton
- *Stumbling on Happiness* by Daniel Gilbert
- *The 7 Habits of Highly Effective People* by Stephen Covey
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk
- *The Book of Joy: Lasting Happiness in a Changing World* by the Dalai Lama, Desmond Tutu, and Douglas Abrams
- *The Comfort Crisis: Embrace Discomfort to Reclaim Your Wild, Happy, Healthy Self* by Michael Easter
- *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom* by Jonathan Haidt
- *The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance* by Timothy Gallwey
- *The Molecule of More: How a Single Chemical in Your Brain Drives Love, Sex, and Creativity* by Daniel Z. Lieberman and Michael E. Long
- *The Passion Paradox: A Guide to Going All In, Finding Success, and Discovering the Benefits of an Unbalanced Life* by Brad Stulberg and Steve Magness
- *The Power of Habit: Why We Do What We Do in Life and Business* by Charles Duhigg
- *The Power of Less: The Fine Art of Limiting Yourself to the Essential...in Business and in Life* by Leo Babauta
- *The Power of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle
- *Thinking, Fast and Slow* by Daniel Kahneman
- *Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping* by Robert Sapolsky

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