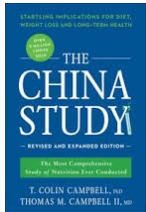


Below is a list of books that explore the benefits of a whole-food, plant-based diet – an addition to my book on the right.

The China Study – Revised Edition

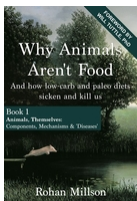


Colin Campbell
Thomas Campbell

The China Study is one of the most important books relating to health and nutrition ever published. Surveys were conducted in China starting in 1983. The study consisted of 6,500 people in 65 counties. They examined over 360 different health, lifestyle, and nutrition factors and found over 8,000 significant correlations.

This, as well as other research, led Campbell to believe that the vast majority of our modern day ailments can be prevented and possibly reversed with a whole-food, plant-based diet.

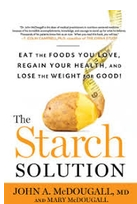
Why Animals Aren't Food



Rohan Millson

A very comprehensive analysis of why animals have no place in the human diet.

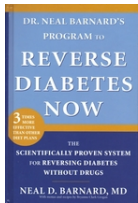
The Starch Solution



John McDougall

Complex carbohydrates are the foundation of a healthy diet which contradicts many popular commentators as well as many medical practitioners. The book also contains many recipes.

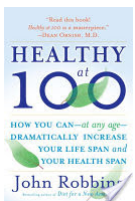
*Dr. Neal Barnard's
Program for Reversing
Diabetes*



Neal Barnard

Dr. Neal Barnard's Program for Reversing Diabetes outlines a dietary approach to preventing, controlling and reversing diabetes. The program is based on a series of research studies Dr. Barnard and his colleagues have conducted over the years, the latest funded by the National Institutes of Health. Published in the August 2006 issue of Diabetes Care, that study found Dr. Barnard's program to be three times more effective than the American Diabetes Association dietary guidelines at controlling blood sugar.

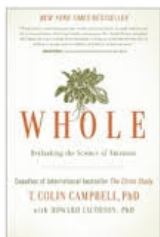
Healthy at 100



John Robbins

John Robbins looks at four different cultures to discover the common themes that allow them to be the healthiest people on the planet,

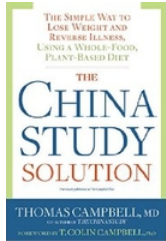
*Whole Rethinking the
Science of Nutrition*



Colin Campbell
Howard Jacobson

After a review of the evidence that shows a whole-food, plant-based diet is the best for our health, Colin Campbell examines the reasons that prevent this from being more widely known.

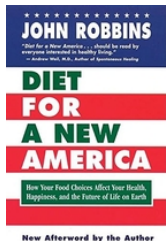
The China Study Solution Written by Colin Campbell's son, who is a medical doctor, it looks at the steps required to incorporate a whole-food, plant-based diet into our lives.



Thomas Campbell

Recipes are also included.

Diet for a New America



John Robbins

Diet for a New America was first published in 1987 with a 25th anniversary edition published in 2012. This book examines our dependency upon animal products for our food and the impact it has on our health, the environment and the animals involved.

An important important book to awaken our hearts to the impacts of our eating habits on our everyday lives.

Read John's incredible story about [The Pig Farmer](#) from Iowa that is moving and transforming.

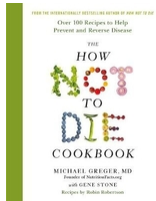
Catching Fire: How Cooking Made Us Human Richard Wrangham is a Professor of Biological Anthropology at Harvard University and a director of the Kibale Chimpanzee Project in Uganda.



Richard Wrangham

Wrangham's view is that cooking food is an essential human activity. Cooking increased the value of our food. It changed our bodies, our brains, our use of time and our social relationships.

How Not To Die Cookbook

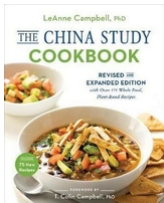


Michael Greger
Gene Stone

A beautifully produced cookbook with many practical and quick whole-food plant-based recipes.

A brief introduction describes Michael's journey that led him to become an advocate of a plant-based diet.

The China Study Cookbook

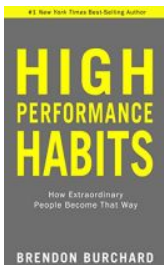


LeAnne Campbell

Another beautifully produced cookbook that has been revised and includes many-easy-to-prepare recipes.

LeAnne is the daughter of Colin Campbell and currently lives in the Dominican Republic. She founded Global Roots, to help create sustainable communities through whole foods, plant-based eating.

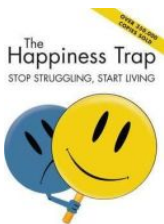
High Performance Habits



Brendon Burchard

Brendon Burchard has performed extensive research to show what habits make people extraordinary in his book *High Performance Habits: How Extraordinary People Become That Way*. There are six habits to cultivate: three personal (Seek Clarity, Generate Energy and Raise Necessity) and three social (Increase Productivity, Develop Influence and Demonstrate Courage). Excellent book – not only to read but practical advice to put the lessons into practice.

The Happiness Trap



Dr Russ Harris
Russ Harris

Most popular psychology is based myths, inaccurate beliefs and unconstrained optimism. Harris addresses four pervasive myths and provides practical guidance on living a meaningful life.

Myth 1: Happiness is the natural state for all human beings.

Myth 2: If you are not happy then you are defective.

Myth 3: To create a better life we must get rid of negative feelings.

Myth 4: You should be able to control what you think and feel.