



Happiness Cookbooks

The Good Mood Kitchen: Simple Recipes and Nutrition Tips for Emotional Balance, Dr. Leslie Korn, 2017

Eat Right, Feel Right: 50 Recipes and Tips to Improve Mood, Sleep, Attention and Focus, Dr. Leslie Korn, 2017

The Whole Life Nutrition Cookbook, Alissa Segersten and Tom Malterre, 2014

The Healthy Mind Cookbook, Rebecca Katz, 2015

Yummy Supper, Erin Scott, 2014

Nourishing Meals: Healthy ...Meals for the Whole Family, Alissa Segersten and Tom Malterre, 2012

Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing, Luz Calvo and Catriona Rueda Esquibel, 2015

The Anti-Inflammation Diet and Recipe Book, Jessica Black, 2006

Eat Complete: The 21 Nutrients That Fuel Brainpower, Drew Ramsey, MD, 2016

The Wahls Protocol Cooking for Life: The Revolutionary Modern Paleo Plan to Treat All Chronic Autoimmune Conditions, Terry Wahls M.D., 2017

Full Mood Feast, Jessica Prentice, 2006

Nourishing Traditions, Sally Fallon with Mary G. Enig, Ph.D, 1996

Wild Fermentation, Sandor Katz, 2003

Happiness and Food Books

Body of Truth: How Science, History and Culture Drive Our Obsession with Weight—and What We Can Do about It, Harriet Brown, 2015

Health at Every Size, Linda Bacon, 2008

Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection, Leslie Korn, 2016

The Jungle Effect: A Doctor Discovers the Healthiest Diets from around the World – Why They Work and How to Bring Them Home, Daphne Miller, M.D., 2007

Eating on the Wild Side, Jo Robinson, 2013

Mindful Eating, Jan Chozen Bays, M.D., 2009

The Good Mood Diet, Susan Kleiner, 2007

The Happiness Diet, Tyler Graham and Drew Ramsey, M.D., 2011

The Mood Cure, Julia Ross, 2003

Potatoes Not Prozac, Kathleen DesMaisons, 1998

GAPS: Gut and Psychology Syndrome, Natasha Campbell-McBride, M.D., 2010

The Adrenal Thyroid Revolution, Aviva Romm, MD, 2017

The Dirt Cure: Growing Healthy Kids with Food Straight from Soil, Maya Shetreat-Klein, MD, 2016

The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline, Dale Bredesen, MD, 2017

The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet, Nina Teicholz, 2014

Brain Maker David Perlmutter M.D., 2015

The Immune System Recovery Plan, Susan Blum, M.D., 2013