

# Health & Wellness Books



**ATOMIC HABITS**  
by James Clear



**HOW TO GROW THROUGH WHAT YOU GO  
THROUGH**  
by Jodie Cariss & Chance Marshall



**ELIMINATE NEGATIVE THINKING**  
by Derick Howell



**WHAT DO YOU WANT TO BE WHEN YOU  
GROW OLD**  
by Richard Leider & David Shapiro



**THIS IS YOUR BRAIN ON FOOD**  
by Uma Naidoo



**FOREVER STRONG**  
by Dr. Gabrielle Lyon



**THE CBT GOOD HABIT JOURNAL**  
by Christine Wilding