

# If you like Health & Fitness, try...

[Nutrition for Runners](#) by Jeff Galloway

[Endurance Sports Nutrition](#) by Suzanne Girard Eberle

[Optimum Nutrition for the Mind](#) by Patrick Holford

[Women, Food and Desire](#) by Alexandra Jamieson

[Brain Maker](#) by David Perlmutter

[The Starch Solution](#) by John A. McDougall

[Finding Ultra](#) by Rich Roll

[Fun Family Crafts](#) by Kelly Doust

[Eat and Run](#) by Scott Jurek

[Whole Foods to Thrive](#) by Brendan Brazier

[Thrive Energy Cookbook](#) by Brendan Brazier

[Forks Over Knives](#) by Gene Stone