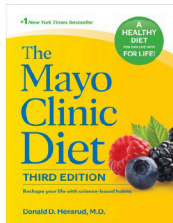


Physical Health

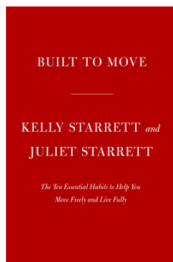
Tuesday, August 15, 2023 from 12:30-1:30 p.m.



The Mayo Clinic Diet: Reshape your Life with Science-Based Habits

by M.D. Hensrud, Donald D.

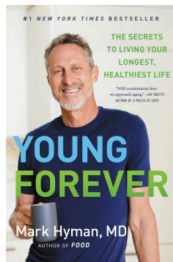
Offers a weight loss and lifestyle program that focuses on making smart, healthy choices to reach a healthy weight and stay there.



Built to Move: The Ten Essential Habits to Help you Move Freely and Live Fully

by Kelly Starrett

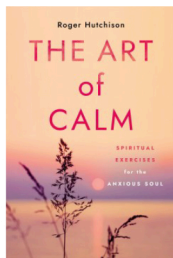
Written for both exercisers and non-exercisers, this title offers ten tests and ten physical practices to help the human body function well and feel great.



Young Forever: the Secrets to Living your Longest, Healthiest Life

by Mark Hyman

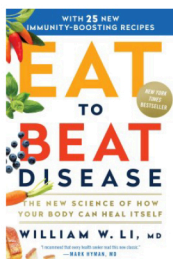
Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences.



The Art of Calm: Spiritual Exercises for the Anxious Soul

by Roger Hutchison

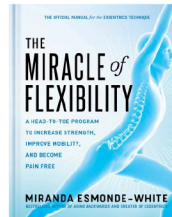
This practical guide for using art to manage stress includes honest stories of the author's descent into fear and anxiety, a diagnosis of mental illness, and how he found his way back to a place of stability and health.



Eat to Beat Disease: The New Science of How your Body can Heal Itself

by William W. Li

The Harvard-trained TED Talk presenter of "Can We Eat to Starve Cancer?" outlines strategies for consuming 200 popular health-bolstering foods to reinforce the body's defense systems and fight disease.

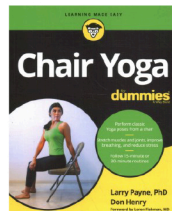


The Miracle of Flexibility: A Head-to-Toe Program to Increase Strength, Improve Mobility, and Become Pain Free

by Miranda Esmonde-White

A former ballerina, New York Times best-selling author and star of PBS's Classical

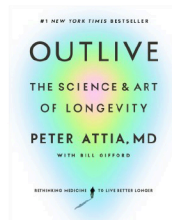
Stretch provides a revolutionary program, rooted in science, that builds strength, increases range of motion and assists in recovering from chronic pain and injuries.



Chair Yoga for Dummies

by Larry Payne

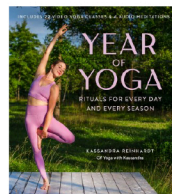
Presents a guide to practicing yoga while seated in a chair, offering specific poses to target problem areas, tips on adapting traditional yoga poses for practitioners with limited mobility.



Outlive: The Science & Art of Longevity

by Peter Attia

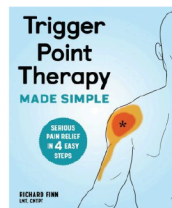
A visionary physician and leading longevity expert presents a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive and emotional health.



Year of Yoga: Rituals for Every Day and Every Season

by Cassandra Reinhardt

Awaken your body with yoga sequences, meditations, and breathing exercises designed specifically for the different cadences of the year.



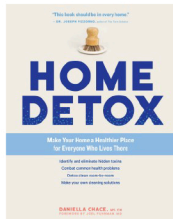
Trigger Point Therapy Made Simple : Serious Pain Relief in 4 Easy Steps

by Richard Finn

Those hidden, tender knots in your muscles—also known as trigger points—may be small but they can cause a huge amount of pain. *Trigger Point Therapy Made Simple* puts healing in your hands.

Physical Health Book List

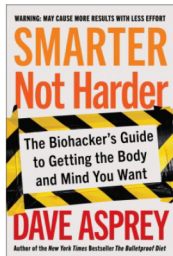
Tuesday, August 15, 2023 from 12:30-1:30 p.m.



Home Detox: Make your Home a Healthier Place for Everyone Who Lives There

by Daniella Chace

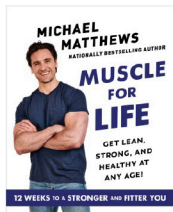
A professional toxicologist and health writer reveals the hidden toxins embedded in numerous common household items and products.



Smarter not Harder: The Biohacker's Guide to Getting the Body and Mind you Want

by Dave Asprey

Packed with practical, accessible information on better eating; smart workouts that give you more strength and energy in less time; and strategic therapies to reduce stress and boost resilience.

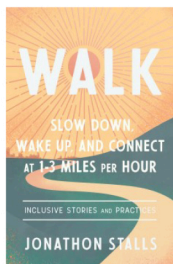


Muscle for Life: The Foods you Like, The Workouts you Love, and the Body you Want ... At Any Age

by Michael Matthews

Based on time-proven principles produced by decades of hands-on experience and thousands of hours of scientific research, a

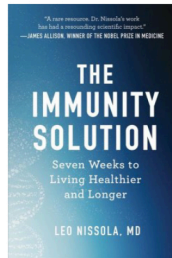
best-selling fitness author reveals a science-based blueprint for eating and exercising that anyone can follow at any age and fitness level.



Walk: Slow Down, Wake Up, and Connect at 1-3 Miles per Hour

by Jonathon Stalls

A collection of essays on the power of walking to connect with ourselves, each other, and nature for new avenues of renewal and change.



The Immunity Solution: Seven Weeks to Living Healthier and Longer

by Leo Nissola

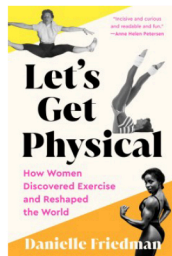
Optimize your natural defenses with this essential, science-based guide and its simple program of practical strategies to help support your immune system.



Dr. Kellyann's Bone Broth Breakthrough: Turn Back the Clock. Reset your Scale. Replenish your Power.

by Kellyann Petrucci

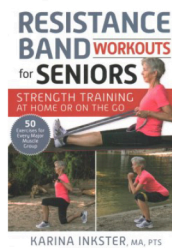
The definitive guide to the healing benefits of bone broth on weight loss, wrinkles, digestion, fatigue, libido, and stress.



Let's Get Physical: How Women Discovered Exercise and Reshaped the World

by Danielle Friedman

An award-winning journalist reveals the hidden history of women's contemporary fitness culture, chronicling how exercise evolved from a beauty tool to a path to mental, emotional and physical well-being.



Resistance Band Workouts for Seniors: Strength Training at Home or On the Go

by Karina Inkster

Fitness coach and author Karina Inkster will teach you about the many benefits of strength training for seniors without having to purchase a gym membership.



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