

Healthy Eating

*The Library has a growing collection of books for improving staff well-being.
The following books on healthy eating are available to borrow from the Library.*

Pinch of nom by K. Allison (2019)

The 4 pillar plan: how to relax, eat, move and sleep your way to a longer, healthier life by R. Chatterjee (2018)

How to be well: the 6 keys to a happy and healthy life by F. Lipman (2018)

The Pioppi diet by Aseem Malhotra (2017)

A juice a day: 365 juices and smoothies for every day of the year by Natalie Bradley (2017)

Lose weight for good: full-flavour cooking for a low-calorie diet by Tom Kerridge (2017)

The fat-loss plan: 100 quick and easy recipes with workouts by Joe Wicks (2017)

The programme: for a leaner, stronger, healthier you by Jessie Pavelka (2016)

Deliciously Ella every day: simple recipes and fantastic food for a healthy way of life
by Ella Woodward (2016)

The calorie myth: how to eat more, exercise less, lose weight and live better by Jonathan Bailor (2015)

5:2 your life: how the revolutionary 5:2 approach can transform your health, wealth and happiness by Emma Cook (2014)

Happy healthy gut: the natural diet solution to curing IBS and other chronic digestive disorders
by Jennifer Browne (2014)

Lift your mood with power foods by Christine Bailey (2014)

