

Peter Attia Book Recommendations

Library of Congress. Library of Congress Office, Nairobi, Kenya

Good Stress Jeff Krasno, 2025-03-25 Ten protocols to counteract the “chronic ease” that creates our modern epidemic of dis-ease, from a wellness industry leader who can prove they work—because he’s tested them on himself. Jeff Krasno, the founder and CEO of the global wellness platform Commune Media, thought he was pretty healthy. Though he suffered from brain fog, chronic fatigue, and bouts of insomnia, those symptoms seemed utterly normal in today’s society. When he learned he had diabetes, his first thought was, How can that be? I run a wellness company! His diagnosis propelled him to consult every expert at his disposal and engage in intensive “me-search” in order to turn his health around. On this journey, he began to form a larger picture of what’s wrong with our health in the modern world. In *Good Stress*—co-authored with his wife, Schuyler Grant, who shepherded him through 300-plus interviews with doctors and helped distill the results into actionable information—Jeff shares what he’s learned and outlines a practical program for readers to reset their own health. Jeff explains that the comforts and conveniences of modern life in the developed world undermine our biology. Humans evolved with Paleolithic stressors and scarcity, which conferred health and resilience. Modern life sets us up for diabetes, dementia, heart disease, cancer, and more. Chronic disease is the result of chronic ease: an endless abundance of calories, sedentary desk jobs, exposure to blue light, and separation from nature. To come back into balance, we need to thoughtfully subject our bodies and minds to the stressors we’re naturally built for. This book distills the hundreds of conversations that Jeff has had with acclaimed teachers and practitioners in mind-body wellness, including Gabor Maté, Mark Hyman, Marianne Williamson, and Dr. Sara Gottfried. Jeff gives readers uncommonly wise and relatable guidance for 10 practices to extend both our lifespan and our healthspan, including: Time-restricted eating Cold and heat exposure Light therapy Eating “stressed plants” Building our “psychological immune system” and more For each practice, Jeff shares his own experience (there’s a great story of how Wim Hof finally convinced him to get into an ice bath); unpacks the science behind it, the place it has in our culture, and the effects it has on body and mind; and explains how to undertake it safely and mindfully.

Whitaker's Book List ,1991

Whitaker's Cumulative Book List ,1985

Repair with Self-Care Leslie Forde, 2025-09-03 Reclaim your energy and restore balance with help from an expert and mother who's been in your shoes *Repair with Self-Care: Your Guide to the Mom's Hierarchy of Needs* by Leslie Forde is a

transformative guide that addresses the overwhelming demands faced by working moms. By reshaping the narrative around energy management rather than time management (and how to access new sources of fuel), Forde offers a refreshing perspective on achieving a more aligned life. This book isn't about balancing work and home in the conventional sense; it's about investing in self-care to enhance all facets of life, allowing more opportunities for personal growth, enjoyment, and efficacy. In the book, Forde presents a framework for prioritizing physical, emotional, and intellectual self-care. Through personal experiences and extensive research, she identifies the challenges unique to working moms, including those from other marginalized communities. This book is a call to action to stop deprioritizing yourself and to start using your energy differently to live a healthier and more fulfilling life. Inside the book: Learn to prioritize your needs without losing personal and professional momentum Transform your approach to caregiving and career with practical strategies Understand the importance of self-care in sustaining your social and emotional well-being Repair with Self-Care is the perfect resource for mothers who combine hands-on, loving care for their children with growth in a demanding career. Employers committed to supporting working parents will also find valuable insights into retaining this vital segment of their workforce. By embracing Forde's strategies, moms can reclaim their energy and live more fulfilled, integrated lives.

The Price We Pay Marty Makary, 2019-09-10 New York Times bestseller Business Book of the Year--Association of Business Journalists From the New York Times bestselling author comes an eye-opening, urgent look at America's broken health care system--and the people who are saving it--now with a new Afterword by the author. A must-read for every American. --Steve Forbes, editor-in-chief, FORBES One in five Americans now has medical debt in collections and rising health care costs today threaten every small business in America. Dr. Makary, one of the nation's leading health care experts, travels across America and details why health care has become a bubble. Drawing from on-the-ground stories, his research, and his own experience, *The Price We Pay* paints a vivid picture of the business of medicine and its elusive money games in need of a serious shake-up. Dr. Makary shows how so much of health care spending goes to things that have nothing to do with health and what you can do about it. Dr. Makary challenges the medical establishment to remember medicine's noble heritage of caring for people when they are vulnerable. *The Price We Pay* offers a road map for everyday Americans and business leaders to get a better deal on their health care, and profiles the disruptors who are innovating medical care. The movement to restore medicine to its mission, Makary argues, is alive and well--a mission that can rebuild the public trust and save our country from the crushing cost of health care.

International Bibliography of Book Reviews of Scholarly Literature Chiefly in the Fields of Arts and Humanities and the Social Sciences ,2004

Applied Mechanics Reviews ,1997

Willing's Press Guide ,1991 A guide to the press of the United Kingdom and to the principal publications of Europe,

Australia, the Far East, Gulf States, and the U.S.A.

Workbook for Outlive: An Essential Guide to Peter Attia's Book: The Science and Art of Longevity Genie Reads,2023-11-30

Subject Guide to Books in Print ,2001

The Psychologist ,2006

The Cumulative Book Index ,1984 A world list of books in the English language.

Medical and Health Care Books and Serials in Print ,1986

The Bookseller ,1953

The New York Times Index ,1991

Thought ,1955

The Publishers' Trade List Annual ,1985

Bookseller and the Stationery Trades' Journal ,1953

Mathematical Reviews ,2000

Accessions List, Eastern Africa Library of Congress. Library of Congress Office, Nairobi, Kenya,1985 Number 6 includes cumulative main and added entry index for the monographs listed in that year.

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