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- ***The Other Side of Impossible***. Susannah Meadows, Random House, New York, 2017
- ***Fat For Fuel***. Joseph Mercola, MD, Hay House, Inc. 2017
- ***Real Food—Fake Food***. Larry Olmsted, Algonquin Publishers, New York. 2016
- ***Don't Let Your Doctor Kill You***. Erika Schwartz, MD with Melissa Jo Peltier, Post Hill Press, New York, 2015

MAY 16

- **Book List**. Books related to the crisis in psychiatry and the influence of Big Pharma on both psychiatry and medicine in general.

MAR 16

- **Fictional therapy**. Suggested books to provide distraction while enduring a serious disease.

DEC 14

- ***The Disease Delusion***. *Conquering the causes of chronic illness for a healthier, longer and happier life*. Jeffrey Bland, PhD. HarperCollins, New York, 2014.
- ***The Autism Revolution***. *Whole-body strategies for making life all it can be*. Martha Herbert, MD with Karen Weintraub. Harvard Health Publications, Harvard Medical School. Ballantine Books, New York, 2014.
- ***The Wahls Protocol***. *How I beat progressive MS using Paleo principles and functional medicine*. Terry Wahls, MD with Eve Adamson. Avery (Penguin Group, New York, 2014.
- ***Gut and Psychology Syndrome***. *Natural treatment for dyspraxia, autism, ADD, ADHD, dyslexia, depression, schizophrenia*. Natasha Campbell-McBride, MD. Medinform Publishing, Revised Edition. Cambridge 2010.
- ***Ultra-prevention***. Mark Hyman, MD and Mark Liponis, MD. Scribner, New York, 2005.

JUN 13

- ***The Body & The Brain Diet***. *A simple diet and exercise plan to obtain and maintain a healthy body and mind*. Brian Sturgeon, MD. Create Space Publishing, 2012.

- **Tarnished Gold.** *The sickness of evidence-based medicine.* Steve Hickey, PhD and Hilary Roberts, PhD. 2011, self-published.
- **The Blood Sugar Solution.** *The ultra-healthy program for losing weight, preventing disease and feeling great now.* Mark Hyman, MD. Little Brown and Company, 2012.
- **Saving Normal.** *An insiders revolt against out-of-control psychiatric diagnosis, DSM-5, big Pharma, and the medicalization of ordinary life.* Allen Frances, MD. Harper Collins (William Morrow), New York, 2013.

#### FEB 13

- **Psychiatric Drug Withdrawal.** Peter. R. Breggin, MD. Springer Publishing Co. 2012.
- **Unaccountable.** *What hospitals won't tell you and how transparency can revolutionize healthcare.* Marty Makary, MD. Bloomsbury Press, New York 2012.
- **Transforming Health Care: Virginia Mason Medical Center's pursuit of the perfect patient experience.** Charles Kenny. Productivity Press, Taylor & Francis Group, New York. 2012.
- **Doctor, Your Patient Will See You Now.** *Gaining the upper hand in your medical care.* Steven Z. Kussin, MD. Rowman & Littlefield, New York, 2012.
- **The Great Cholesterol Myth.** *Why lowering your cholesterol won't prevent heart disease—and the statin-free plan that will.* Stephen Sinatra, MD and Jonny Bowden, PhD. Fair Winds Press, Beverly, MA, 2012.

#### AUG 12

- **The Creative Destruction of Medicine.** *How the digital revolution will create better health care.* By Eric Topol, MD. Basic Books, New York, 2012.
- **Bombshell.** *Explosive medical secrets that will redefine aging.* By Susanne Somers. Crown Archetype, New York (Random House) 2012.
- **White Coat Black Hat.** *Adventures on the dark side of medicine.* By Carl Elliott. Beacon Press, Boston 2010.
- **Pharmageddon.** By David Healy, MD. University of California Press, Berkeley and Los Angeles, 2011.
- **Childhood Under Siege.** *How big business targets children.* By Joel Bakan. Allen Lane (Penguin Group) and Simon & Schuster, 2011.

#### JUL 11

- **13 Things That Don't Make Sense. The most baffling scientific mysteries of our time,** by Michael Brooks (Anchor Canada—Random House, 2009).
- **Deadly Spin.** *An insurance company insider speaks out on how corporate PR is killing health care and deceiving Americans,* by Wendell Potter (Bloomsbury Press, New York, 2010).
- **Hippocrates' Shadow,** *Secrets from the House of Medicine. What doctors don't know, don't tell you, and how truth can repair the patient-doctor breach,* by Dr. David H. Newman, MD (Simon and Schuster, New York, 2008).

- ***The World According to Monsanto. Pollution, corruption and the control of our food supply.*** By Marie-Monique Robin (The New Press, New York, 2010).