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- **Which Country has the World's Best Health Care?** 2020. Ezekiel J. Emanuel.
- **Your Medical Mind.** *How to decide what is right for you.* 2012 Jerome Groopman, MD and Pamela Hartzband, MD.
- **Diagnosis.** *Solving the most baffling medical mysteries.* 2019. Lisa Sanders, MD.
- **Malignant.** *How bad policy and bad evidence harm people with cancer.* 2020. Vinayak Prasad, MD. MPH.
- **Keep Sharp: Build a Better Brain at Any Age.** 2021. Sanjay Gupta, MD.
- **Malpractice.** 2017. Lawrence Schlachter, MD.
- **The Genome Odyssey.** 2021. Euan A. Ashley, MD, PhD.

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- **Life Without Diabetes.** *A definitive guide to understanding and reversing diabetes.* 2020. Roy Taylor, MD

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- **Thrombosis and Stroke Prevention—The Afibbers Guide to Stroke Prevention.** *3<sup>rd</sup> Edition, 2018.* Hans R. Larsen, MSc

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- **The Mind-Gut Connection.** 2016. Emeran Mayer, MD.
- **The Other Side of Impossible.** 2017. Susannah Meadows.
- **The End of Alzheimer's.** 2017. Dale Bredesen, MD
- **The Disease Delusion.** 2014. Jeffrey S. Bland, PhD
- **The Guide to Healthy Eating.** 2010. David Brownstein, MD
- **Heal Your Leaky Gut.** 2017. David Brownstein, MD
- **Why We Sleep.** 2017. Matthew Walker, PhD
- **Big Chicken.** 2017. Maryn McKenna

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- **Sapiens.** 2014. Y. N. Harari
- **How to Change Your Mind.** 2018. Michael Pollan
- **The End of Alzheimer's.** 2017. Dale Bredesen, MD
- **Unsavory Truth.** 2018. Marion Nestle
- **Why We Sleep.** 2017. Mathew Walker

JUN 17

- **The Other Side of Impossible.** 2017. Susannah Meadows
- **Fat For Fuel.** 2017. Joseph Mercola, MD, Hay House, Inc.

- **Real Food—Fake Food.** 2016. Larry Olmsted
- **Don't Let Your Doctor Kill You.** Erika Schwartz, MD with Melissa Jo Peltier

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 illness.

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 insider's 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.