

RECOMMENDED READING

On Self-care, Stress, Focus & Succeeding in Behavior Change

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones, by James Clear. Avery Books, 2018. The book cover's flap says: "If you're having trouble changing your habits, the problem isn't you. The problem is your system," Based on advances in neuroscience and psychology, the author supplies specific, practical steps and strategies to change habits successfully.

The End of Procrastination: How to Stop Postponing and Live a Fulfilled Life, by Petr Ludwig. St. Martin's Press, 2013. An excellent, little book on procrastination which incorporates recent findings in neuroscience and offers several important insights and tools for overcoming procrastination. An easy, worthwhile read with lots of visuals.

The 5 Choices: The Path to Extraordinary Productivity, by Kory Kogon, Adam Merrill and Leena Rinne. Simon & Schuster, 2015. A more contemporary look at creating productivity in a culture with more people clamoring for your attention (including online and via your smartphone) than ever before.

First Things First, by Stephen R. Covey. Simon & Schuster, 1994. Also of note is Covey's classic bestseller, **The 7 Habits of Highly Effective People**, which offers a principle-centered approach for solving personal and professional problems.

The Happiness Advantage: The seven principles of positive psychology that fuel success and performance at work, by Shawn Achor. Crown Business Books, 2010.

The Happiness Equation: want nothing + do anything = have everything, by Neil Paricha. G.P. Putnam's Sons, 2016.

One Small Step Can Change Your Life: The Kaizen Way, by Robert Maurer, PhD. Workman Publishing Company, Inc., 2004.

Stress for Success, by James E. Loehr. Times Business, a division of Random House, 1997. On preserving health and well-being in even the most high-demand, high-stress work situations.

The Power of Full Engagement: managing energy, not time, is the key to high performance and personal renewal, by Jim Loehr and Tony Schwartz. Free Press, 2003.

The Willpower Instinct: How self-control works, why it matters, and what you can do to get more of it, by Kelly McGonigal, PhD. Avery Books, 2013.

On Leadership:

The Art of Possibility: Transforming Professional and Personal Life, by Rosamund Zander and Benjamin Zander, Penguin Books, 2000. Paradigm-shifting book. This book offers eloquent, inspiring lessons from the life of conductor Benjamin Zander that are applicable to the challenges of all leaders. Note that the book really picks up only *after* the first chapter.

On Communication, Relationships, Marital Issues:

Crucial Conversations: Tools for Talking When Stakes are High, by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler, McGraw-Hill, 2002, and ***Crucial Confrontations: tools for Resolving Broken Promises, Violated Expectations, and Bad Behavior***, by Kerry Patterson, Joseph Grenny, Ron McMillan, and Al Switzler, McGraw-Hill, 2005.

Change Your Life and Everyone In It by Michele Weiner-Davis. Simon & Schuster, 1995. A refreshing and highly effective departure from the psychological approaches most of us know of, this book is based upon the breakthrough concepts of solution-oriented brief therapy and the fact that “what caused a problem often has nothing to do with what solves it”.

DivorceBusters and ***The Divorce Remedy***, also by Michele Weiner-Davis (above) are both excellent books on saving a marriage that is in peril or stagnating.

Too Good to Leave, Too Bad to Stay by Mira Kirshenbaum. A Plume Book, 1996. Outstanding book which effectively guides the reader through decision-making when you find yourself in “relationship ambivalence”. Also a great book for anyone interested in clearly understanding the issues that destroy a relationship.

It Takes One to Tango: How I Rescued My Marriage with (Almost) No Help from My Spouse—and How You Can Too, by Winifred M. Reilly, MA, MFT. Touchstone Books, 2017. This book takes a deep-dive into what really produces strife in the life of a marriage and the surprising path beyond it.

On Meditation/Relaxation & Mindfulness:

8 Minute Meditation, by Victor Davich. Perigee Books, 2004.

The Joy Within: A Beginner’s Guide to Meditation, by Joan Goldstein & Manuela Soares. A Fireside Book, published by Simon & Schuster, 1990.

Mindfulness in Plain English, by Bhante Henepola Gunaratana. Wisdom Publications, 2011.

Real Happiness: the power of meditation: a 28-day program, by Sharon Salzberg. Workman Publishing Co., 2010. (Book & CD)

On Fitness & Strategies for Health Maintenance:

The First 20 Minutes: surprising science reveals how we can exercise better, train smarter, live longer, by Gretchen Reynolds. Plume Books, 2012.

The Natural Superwoman: the scientifically backed program for feeling great, looking younger, and enjoying amazing energy at any age, by Uzzi Reiss, MD, OB/GYN. Avery Trade, 2008.

PACE: the 12-minute fitness revolution – exercise video, by Al Sears, MD.

The Slow Burn Fitness Revolution: the slow-motion exercise that will change your body in 30 minutes a week, by Fredrick Hahn, and Michael R. Eades, M.D. and Mary Dan Eades, M.D. Broadway Books, 2003. I've used this program and it really works! (Start with something like *Strong Women Stay Young* or some other low-intensity strength-training program if you haven't been active for a long time.)

The Sexy Years - Discover the Hormone Connections: the Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men, by Suzanne Somers, 2004. A great introduction, particularly for women, on why and how bioidentical hormone replacement can be so helpful.

Strong Women Stay Young, by Miriam E. Nelson, MD. Bantam Books, 2000. Great, simple do-at-home program for any age.

Younger Next Year: live strong, fit, and sexy – until you're 80 and beyond, by Chris Crowley & Henry S. Lodge, MD. For women, there is also ***Younger Next Year for Women***

On Lower Carbohydrate Nutrition:

The Art and Science of Low Carbohydrate Living, by Jeff S. Volek, PhD, RD, and Stephen D. Phinney, MD, PhD. Both a how-to on adopting a low-carb diet and the science supporting such a choice (by two of the scientists responsible for some of the key research on this lifestyle). These authors also wrote the excellent book, ***The Art & science of Low Carbohydrate Performance*** (on exercise/fitness for low carbers).

The New Atkins For a New You: the ultimate diet for shedding weight and feeling great, by Eric C. Westman, MD, and Stephen D. Phinney, MD, PhD. Touchston, A Division of Simon & Schuster, Inc., 2010.

The South Beach Diet: an easy-to-do, doctor-designed plan for fast and healthy weight loss, by Arthur Agatston, MD. St. Martin's Griffin, 2005.

Intermittent Fasting Diet Approach:

The FastDiet (revised & updated ed.): lose weight, stay healthy, and live longer with the simple secret of intermittent fasting, by Dr. Michael Mosley and Mimi Spencer. Simon & Schuster, Inc., 2014.

Recommended Supervised Weight-Loss Program:

The diet protocol I use in my clinics is the *Ideal Protein* weight-loss protocol, which is medically-designed and highly effective. To search for a center near you, go to www.idealprotein.com and click on Contact Us/Center Locator.

On DHEA Testing & Replacement:

DHEA stands for Dehydroepiandrosterone and is an important adrenal hormone that declines gradually with age and/or chronic stress. It is tested for in the blood using DHEA-S (the sulfate form, not DHEA). In my experience, results in the low one hundred zone or below benefit significantly from replacement.

The best replacement form of DHEA is a micronized extended release form prepared by a compounding pharmacist. Compounding pharmacists can be found by searching online. You can ask the compounding pharmacist for a list of local doctors that test for and provide bio-identical hormone replacement. (Note that while DHEA can be purchased over-the-counter, but I recommend a pharmaceutical grade product when it comes to hormones).

My approach is to begin women low in DHEA on 5 mg of DHEA SR (Sustained-Release) and increase by 5 mg increments until the right dose is found (usually between 5 and 20mg). Men can be started at a 25 mg dose, and increased by 15-25 mg from there (men generally require 50 mg or more).

You can contact me if you need help with testing or a non-prescription DHEA source. There is an excellent chapter on DHEA (for women) in the ***The Natural Superwoman*** by Uzzi Resiss, MD, OB/GYN that I can send you by pdf if you are interested.