Eating a healthy diet along with exercise is one of the most important things you can do to reduce your risk of developing chronic health conditions like diabetes, heart disease, and cancer. Research shows that in order to maintain a healthy weight, a healthy diet is very important. After all, you can take in calories much faster than you can burn them off! The book offers tips on how to find your own healthy eating balance and sticking to it. There’s even advice for dealing with holidays, vacations, and other social situations that have the potential to derailed healthy habits. The Heal Your Gut Cookbook. Share on Pinterest. Your gut could have a greater effect on your health than researchers once thought. Back weight exercises. Collection by Mohmed alhcine. 60. These books that will make you smarter feature thought-provoking reads from authors such as Malcolm Gladwell that are sure to impart lasting knowledge. Daily exercise, especially cardio exercise, helps keep your body healthy and your skin, hair, and nails beautiful and glowing. However, exercise can easily be the worst part of your day. Many people consider exercise to be a dismal necessity they have to slug through in order to avoid. These books taught me how to make healthier choices. There are a lot of great books out there, but I thought my readers would prefer it if I listed my favorites and helped them set a course for their own healthy future. In the beginning, I would buy books from Amazon or sometimes at a local bookstore if something caught my eye while walking down the street. Nowadays, I do most of my reading via audiobooks. I love listening to them while I’m cooking, or driving in the car. Trouble sleeping? Back aching? Suffering from anxiety? Don’t worry, the magic pills will save the day. Living healthy is not just all about eating right and exercise, it’s also making your mind healthy! I read books like these to feed my body and mind. Reply.