



What Would The Incredible Hulk Read?

Nutrition

613.2 BOU

Green for life : the updated classic on green smoothie nutrition / Victoria Boutenko ; foreword by A. William Menzin.

613.2 BOU

The green smoothie prescription : a complete guide to total health / Victoria Boutenko.

613.2 COU

The new complete guide to nutritional health : more than 600 foods and recipes for overcoming illness & boosting your immunity / Pierre Jean Cousin & Kirsten Hartvig.

Weight Lifting

613.713 AAB

Muscle mechanics / Everett Aaberg.



613.713 BAR

Tiki Barber's pure hard workout : stop wasting time and start building real strength and muscle / Tiki Barber and Joe Carini with Scott Hays.

613.713 GRO

Powerlifting / Barney Groves.



Meditation & More

152.47 FRE

Our inner world of rage : understanding and transforming the power of anger / Lucy Freeman.

158.12 BUT

Meditation for your life : creating a plan that suits your style / Robert Butera

613.7046

Healing yoga for neck & shoulder pain : easy, effective practices for releasing tension & relieving pain / Carol Krucoff.

Books of Interest

BIO HENSON

Jim Henson : the biography / Brian Jay Jones.

616.042 GAY

The gene therapy plan : taking control of your genetic destiny with diet and lifestyle / Mitchell L. Gaynor, MD.

646.406 BER

Sewing classic clothes that fit / René Bergh.

646.72 RIC

Reinvent yourself with color me beautiful / JoAnne Richmond.

796.019 KOT

The rise of superman : decoding the science of ultimate human performance / Steven Kotler.

796.8 CHA

Martial arts for athletic conditioning / Eric Chaline.

796.8153 BEA

Mastering karate / Jerry Beasley.

940.5349 MCD

Natural born heroes : how a daring band of misfits mastered the lost secrets of strength and endurance / by Christopher McDougall.

SCIENCE FICTION AND

Enemies & allies / Kevin J. Anderson.