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Fitness & Lifestyle		
Body by Science	Doug McGuff & John R. Little	https://www.amazon.co.uk/Body-Science-Research-Program-Results/dp/0071597174/ref=sr_1_1?ie=UTF8&qid=1493627788&sr=8-1&keywords=body+by+science
The Primal Blueprint	Mark Sisson	https://www.amazon.co.uk/Primal-Blueprint-Reprogram-effortless-boundless-ebook/dp/B004I8VGYE/ref=sr_1_1?ie=UTF8&qid=1493628057&sr=8-1&keywords=the+primal+blueprint