

### Jess's Book List-

1. How Not To Die- Dr. Michael Greger & How Not To Die Cookbook  
Other books by him- How Not To Diet, How to Survive a Pandemic
2. Finding Ultra- Rich Roll
3. Thrive- Brendan Brazier
4. The Vegucated Table-Marisa Miller Wolfson
5. Mayim's Vegan Table- Mayim Bialik
6. Smart By Nature: Schooling for Sustainability- Michael Stone
7. Smart Mama's Green Guide- Jennifer Taggart
8. Grow Organic- Doug Oster & Jessica Walliser
9. What to Eat- Marion Nestle
10. Eat to Live- Joel Fuhrman
11. Do It Gorgeously- Sophia Uliano
12. The Beauty Detox Solution- Kimberly Snyder

### Natalie's Book List-

1. Food Fix - by Dr. Mark Hyman
2. Feeding You Lies: How to Unravel the Food Industry's Playbook and Reclaim Your Health - by Vani Hari
3. Think Like a Monk - by Jay Shetty
4. Super Human: The Bulletproof Plan to Age Backward and Maybe Even Live Forever - by Dave Asprey
5. The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing (The Life Changing Magic of Tidying Up) - by Marie Kondō
6. [ZERO WASTE FAMILY – HOW TO BECOME A SUSTAINABLE REBEL](#) - by Amber Allen
7. [The Get Dirty, Stay Magical Cookbook](#) - by Amber Allen
8. Earth Care, People Care, and Fair Share in Education - The Children in Permaculture Manual - by Lusi Alderslowe, Gaye Amus, and Didi A. Deva