**Pre-webinar Articles**

# Healthy Eating: The Beginner’s Guide on How to Eat Healthy and Stick to It <https://jamesclear.com/eat-healthy#Why%20We%20Crave%20Junk%20Food>

# The cost of getting lean: Is it really worth the trade-off? <https://www.precisionnutrition.com/cost-of-getting-lean>

# The 5 universal principles of good nutrition, according to science. <https://www.precisionnutrition.com/principles-of-nutrition>

# Recommended Nutrition Course

The Precision Nutrition Certification <https://www.precisionnutrition.com/nutrition-certification-level-1-presale-list>

**Top Nutrition Books We Recommend**

[The end to overeating](https://amzn.to/2zOQ8Vu) – David Kessler

[Mindless eating](https://www.amazon.com/gp/product/0553384481/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=0553384481&linkId=f55db29d029b80b01fe912419ce35c8a) – Brian Wansink

[Why we get fat](https://www.amazon.com/gp/product/0307474259/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=0307474259&linkId=72d891dfab8b126882f032411294e237) – Gary Taubes

[The Power of Less](https://www.amazon.com/gp/product/1401309704/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=1401309704&linkId=f0348e90c21a61823bca5666c3b13ea8) – Leo Babauta

[Atomic Habits](https://www.amazon.com/gp/product/0735211299/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=0735211299&linkId=a8701971f8d60517bd8d8595d0d9dd18) – James Clear

[Fat Loss Forever](https://www.amazon.com/gp/product/B07MYWGSL5/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=B07MYWGSL5&linkId=34f2732462582938728796105b9a7a63)- Layne Norton

[Drop the Fat Act and Live Lean](https://www.amazon.com/gp/product/1570672598/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=1570672598&linkId=487f04890691dc7c0b98a48315bf4e28)- Ryan Andrews

[Fueling the Adolescent](https://www.amazon.com/gp/product/B07YNTZGJ7/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=B07YNTZGJ7&linkId=6cae9329053b7da6ccf98980d71420ad): A Nutritional Guide for Parents of Young Athletes- Paul Salter

## [The Paradox of Choice:](https://www.amazon.com/gp/product/0062449923/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=0062449923&linkId=57c74ea0aaa14083d1f911f8abdb37ed) Why More is Less - Barry Schwartz, Ken Kliban, et al.

## [Building a StoryBrand:](https://www.amazon.com/gp/product/0718033329/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=0718033329&linkId=5de1feaa3643158425c16b1328e9ca13) Clarify Your Message So Customers Will Listen

- Donald Miller

# [The Hungry Brain:](https://www.amazon.com/gp/product/1250081203/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=1250081203&linkId=e4328542d16cd80d7943d954fbff6ab8) Outsmarting the Instincts That Make Us Overeat - Stephan J. Guyenet Ph.D.

## [Food Rules:](https://www.amazon.com/gp/product/014311638X/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=014311638X&linkId=0551c1735b6856e249ed3974e26d138f) An Eater's Manual - Michael Pollan

## [The Motivation Myth:](https://www.amazon.com/gp/product/0399563768/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=0399563768&linkId=2974b84632422944de90178a19e89126) How High Achievers Really Set Themselves Up to Win - Jeff Haden, Ray Porter, et al.

## [The Dorito Effect:](https://www.amazon.com/gp/product/1476724237/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=1476724237&linkId=1bb533ded446b910b7dfe7078ee9decf) The Surprising New Truth About Food and Flavor - Mark Schatzker, Chris Patton, et al.

## [How to Eat, Move and Be Healthy!](https://www.amazon.com/gp/product/1583870121/ref%3Das_li_qf_asin_il_tl?ie=UTF8&tag=trainsmarte0b-20&creative=9325&linkCode=as2&creativeASIN=1583870121&linkId=56c2caeaad91874270d72c79cd5d54ec) - Paul Chek

**Top 5 Nutrition Articles**

1. <https://www.precisionnutrition.com/pn-coaching-secrets-revealed>
2. <https://www.precisionnutrition.com/principles-of-nutrition>
3. <https://www.brandonmarcellophd.com/single-post/2014/09/02/Everything-in-Moderation>
4. <https://www.precisionnutrition.com/nutrition-is-not-a-belief-system>
5. <https://www.precisionnutrition.com/pause-button-mentality>