

2017 Chautauqua Lecture Series

Speaker: Sarah Torok Gerard

Suggested Reading	Author (if applicable)
Mindset: The New Psychology of Success	Dr. Carol Dweck
Food Rules	Michael Pollan
Cooked	Michael Pollan
In Defense of Food	Michael Pollan
http://michaelpollan.com/	Michael Pollan's website
Mindless Eating	Dr. Brian Wansink
http://www.mindlesseating.org/	Mindless Eating website
Slim by Design	Dr. Brian Wansink
http://www.slimbydesign.com/	Slim by Design website
The Diet Fix: Why Diets Fail & How to Make Yours Work	Dr. Yoni Freedhoff
http://www.thedietfix.com/	The Diet Fix website
http://exerciseismedicine.org/	The Exercise is Medicine Initiative
http://www.obesity.org/home	The Obesity Society
https://www.prochange.com/transtheoretical-model-of-behavior-change	The Transtheoretical Model of Behavioral Change
http://greatist.com/fitness/functional-fitness	What Is Functional Fitness?
https://breakingmuscle.com/learn/what-is-your-functional-fitness-for	What Is Your "Functional" Fitness For?
https://www.smartsheet.com/blog/essential-guide-writing-smart-goals	The Essential Guide to Writing S.M.A.R.T. Goals
http://healthytransitionshealthcoaching.com/	Healthy Transitions Health Coaching, LLC Dr. Sarah Torok-Gerard's website
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http://www.slimbydesign.com/	Slim by Design website
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https://www.smartsheet.com/blog/essential-guide-writing-smart-goals	The Essential Guide to Writing S.M.A.R.T. Goals
http://healthytransitionshealthcoaching.com/	Healthy Transitions Health Coaching, LLC Dr. Sarah Torok-Gerard’s website