

Aletha
WARD

RECOMMENDED
RESOURCES





Aletha recommends the following services, practitioners or resources for the following areas:

BEHAVIOURAL PSYCHOLOGY

Book: [Nudge](#) by Thaler and Sunstein. A great resource written by two researchers who are world leaders in their field about how you can “nudge” your health, wealth and happiness (audiobook, ebook and hardcover).

STRESS MANAGEMENT/RELIEF

App: [Insight timer](#). An excellent app which has music, meditations, guided meditations, talks and resources for sleep, anxiety and stress management. [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#)

FOOD/DIET

Book: [Eat to Beat Disease](#) by William Li. Written by a world expert in food and chronic disease. This is an excellent book if you are after information of how to reverse and treat chronic disease.

Book: [The China Study](#) by T. Colin Campbell. Written by a Professor of Biochemistry and nutrition on food intake and chronic disease. This is an excellent book explaining how increasing fruit and vegetable consumption influences the biggest diseases of burden in the Western World.

App: [Noon](#) is an application that delivers a program based on behavioural psychology theories. Built by psychologist to help you shift and change your perception around food.

ALCOHOL REDUCTION

Service: [Alcohol Reset Coach: Annabel Stewart](#) Annabel conducts an excellent 21 day school reset course online which also includes weekly one on one coaching. She is also available for personal coaching and mentoring.
@alcoholresetcoach

Book: [Alcohol Explained 2](#) by William Porter (audiobook, eBook and hardcover). An excellent book which explains the science behind alcohol and why it is important that we understand what alcohol is and does to change our drinking consumption patterns.

Book: [This Naked Mind](#) by Annie Grace (audiobook, eBook and hardcover). An excellent approach to ‘rewiring’ your brain to look at alcohol in a very different way. It explores the social, cultural, emotional and physical influences of alcohol.

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Building your *W*health

**Keep up to date with Aletha's resources
and more information on how to create
an environment that supports
your health and wellbeing!**



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