Low Carbohydrate Books

“Change Your Diet, Change Your Mind: A Powerful Plan to Improve Mood, Overcome Anxiety, and Protect Memory for a Lifetime of Optimal Mental Health” by Dr. [Georgia Ede1](https://www.amazon.com/Change-Your-Diet-Mind-Powerful/dp/1538739070)

**Low Carb Diet Books:**

1. [“Why We Get Fat: And What to Do About It” by Gary Taubes](https://www.bing.com/aclick?ld=e8vjuv0HQ9_Ysz6Fq4zg6FejVUCUzEDWtVW9DX-4Yt0ZJGzkZCW7YpNVLV3I_4m97Qb1RyPR-Q-qS4j-BGwite5Gf6dg0C6p9spEs1LKJ-hZdfmgXPCW_7ktHKoBMJf74OzRRE8PZhnSKp-TujvpF95S_bA3lGlDO7LXZzRb5Vb5Rf-IHX&u=&rlid=233c97c6a291168fa340f1bb467e4215)
2. [“Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control, and Disease” by Gary Taubes1](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)
3. [“Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health” by William Davis](https://www.bing.com/aclick?ld=e8vjuv0HQ9_Ysz6Fq4zg6FejVUCUzEDWtVW9DX-4Yt0ZJGzkZCW7YpNVLV3I_4m97Qb1RyPR-Q-qS4j-BGwite5Gf6dg0C6p9spEs1LKJ-hZdfmgXPCW_7ktHKoBMJf74OzRRE8PZhnSKp-TujvpF95S_bA3lGlDO7LXZzRb5Vb5Rf-IHX&u=&rlid=233c97c6a291168fa340f1bb467e4215)[1](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)
4. “The Art and Science of Low Carbohydrate Living” by Jeff S. [Volek](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)
5. “Dr. Atkins’ New Diet Revolution” by Robert C. [Atkins](https://www.bing.com/aclick?ld=e8vjuv0HQ9_Ysz6Fq4zg6FejVUCUzEDWtVW9DX-4Yt0ZJGzkZCW7YpNVLV3I_4m97Qb1RyPR-Q-qS4j-BGwite5Gf6dg0C6p9spEs1LKJ-hZdfmgXPCW_7ktHKoBMJf74OzRRE8PZhnSKp-TujvpF95S_bA3lGlDO7LXZzRb5Vb5Rf-IHX&u=&rlid=233c97c6a291168fa340f1bb467e4215)[1](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)

**Keto Diet Books:**

1. “The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle” by Amanda C. [Hughes](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)[2](https://bing.com/search?q=books+about+keto+diet)
2. “Keto Diet: Your 30-Day Plan to Lose Weight, Balance Hormones, Boost Brain Health, and Reverse Disease” by Dr. [Josh Axe](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)[2](https://bing.com/search?q=books+about+keto+diet)
3. [“The Keto Reset Diet: Reboot Your Metabolism in 21 Days and Burn Fat Forever” by Mark Sisson and Brad Kearns](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)[2](https://bing.com/search?q=books+about+keto+diet)
4. [“The Easy 5-Ingredient Ketogenic Diet Cookbook: Low-Carb, High-Fat Recipes for Busy People on the Keto Diet” by Jen Fisch](https://www.goodreads.com/list/show/17415.Best_of_Low_Carb_Books)[2](https://bing.com/search?q=books+about+keto+diet)
5. [“Simply Keto: A Practical Approach to Health & Weight Loss with 100+ Easy Low-Carb Recipes” by Suzanne Ryan](https://www.bing.com/aclick?ld=e8vjuv0HQ9_Ysz6Fq4zg6FejVUCUzEDWtVW9DX-4Yt0ZJGzkZCW7YpNVLV3I_4m97Qb1RyPR-Q-qS4j-BGwite5Gf6dg0C6p9spEs1LKJ-hZdfmgXPCW_7ktHKoBMJf74OzRRE8PZhnSKp-TujvpF95S_bA3lGlDO7LXZzRb5Vb5Rf-IHX&u=&rlid=233c97c6a291168fa340f1bb467e4215)[2](https://bing.com/search?q=books+about+keto+diet)

**Carnivore Diet Books:**

1. [“The Carnivore Diet” by Shawn Baker](https://www.bing.com/aclick?ld=e8vjuv0HQ9_Ysz6Fq4zg6FejVUCUzEDWtVW9DX-4Yt0ZJGzkZCW7YpNVLV3I_4m97Qb1RyPR-Q-qS4j-BGwite5Gf6dg0C6p9spEs1LKJ-hZdfmgXPCW_7ktHKoBMJf74OzRRE8PZhnSKp-TujvpF95S_bA3lGlDO7LXZzRb5Vb5Rf-IHX&u=&rlid=233c97c6a291168fa340f1bb467e4215)[3](https://www.amazon.com/Complete-Carnivore-Diet-Beginners-Practical/dp/0760382832)[4](https://www.amazon.com/Carnivore-Diet-Shawn-Baker/dp/162860350X)
2. [“The Complete Carnivore Diet for Beginners: Your Practical Guide to an All-Meat Lifestyle” by Judy Cho](https://www.bing.com/aclick?ld=e8vjuv0HQ9_Ysz6Fq4zg6FejVUCUzEDWtVW9DX-4Yt0ZJGzkZCW7YpNVLV3I_4m97Qb1RyPR-Q-qS4j-BGwite5Gf6dg0C6p9spEs1LKJ-hZdfmgXPCW_7ktHKoBMJf74OzRRE8PZhnSKp-TujvpF95S_bA3lGlDO7LXZzRb5Vb5Rf-IHX&u=&rlid=233c97c6a291168fa340f1bb467e4215)[3](https://www.amazon.com/Complete-Carnivore-Diet-Beginners-Practical/dp/0760382832)
3. [“The Big Fat Surprise: Why Butter, Meat, and Cheese Belong in a Healthy Diet” by Nina Teicholz5](https://carnivoreinsider.com/top-7-carnivore-diet-books/)