

### Books

Mindset by Carol Dweck

Atomic Habits by James Clear

The 80/20 Principle by Richard Koch

Level up by Mark Coles

Ego is the Enemy by Ryan Holiday



### Scientific Research Studies

GBD 2015 Obesity Collaborators, 2017. Health effects of overweight and obesity in 195 countries over 25 years. *New England Journal of Medicine*, 377(1), pp.13-27.

Marques, A., Peralta, M., Naia, A., Loureiro, N. and de Matos, M.G., 2018. Prevalence of adult overweight and obesity in 20 European countries, 2014. *The European Journal of Public Health*, 28(2), pp.295-300.

World Health Organization overweight and obesity statistics

<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

Mischel, W., 2014. *The marshmallow test: Understanding self-control and how to master it*. Random House.

Mischel, W., Ayduk, O., Berman, M.G., Casey, B.J., Gotlib, I.H., Jonides, J., Kross, E., Teslovich, T., Wilson, N.L., Zayas, V. and Shoda, Y., 2011. 'Willpower' over the life span: decomposing self-regulation. *Social cognitive and affective neuroscience*, 6(2), pp.252-256.

Sarah Milne, Sheina Orbell, and Paschal Sheeran, "Combining Motivational and Volitional Interventions to Promote Exercise Participation: Protection Motivation Theory and Implementation Intentions," *British Journal of Health Psychology* 7 (May 2002): 163–184

Larsson, C.L. and Johansson, G.K., 2002. Dietary intake and nutritional status of young vegans and omnivores in Sweden. *The American journal of clinical nutrition*, 76(1), pp.100-106.