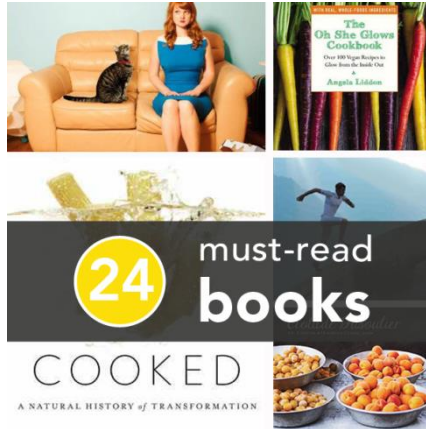


## 24 Must-Read Fitness, Health, and Happiness Books for 2013

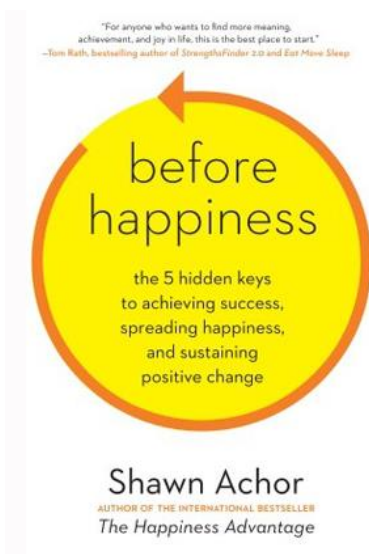
<http://greatist.com/happiness/must-read-books-health-fitness>



With the new school year in full swing, it's time to bury our heads in the books. But we're not here to assign you any nap-inducing texts — instead we've put together a list of 24 books that will keep you up and reading way past your bedtime. With plenty of pictures, humor, and hardcore science, these books tackle topics as varied as sex, nutrition, and endurance running. Check 'em out and put good old-fashioned learnin' back in style.

It's worth noting that there are tons of health and fitness books out there, and we had to be extremely choosy about which ones to include on this list. All the books here have come out in 2013, or are due to come out in 2014. The authors offer new and insightful takes on subjects in health, fitness, and happiness, and most are pretty influential on social media or on a personal website. Read on and don't forget to let us know your favorites in the comments section!

### Psychology and Self-Help



#### Before Happiness by Shawn Achor

Some people are blonde; some are brunette. Some people are happy; others are doomed to a lifetime of misery. Right? Wrong, at least according to Shawn Achor, a psychology researcher who's written and spoken on cultivating happiness in the workplace. In his latest book, Achor talks about changing the way we perceive reality so that happiness actually becomes a legitimate possibility. It's all about the small stuff — think keeping a daily gratitude journal or starting the workday by listing everyone's successes. "Before Happiness" is not only an uplifting read — it's also an impressively well-researched book that's still a breeze to read. — SL