


JOIN N GOOD HEALTH'S

BOOK CLUB 2026



Dive into three amazing books focused on unique wellness topics!

Each book will be discussed in a four-week session. Connect virtually with subject matter experts and engage in healthy content discussions to support your well-being journey.

Session 1 (February)

“Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones” by James Clear

This book explores how to turn small changes into big outcomes and explains a four-stage method for building good habits into our day and removing the ones we want to break.

Session 2 (MAY)

“The New Menopause” by Mary Claire Haver, MD

Explore Dr. Haver’s empowering approach to self-advocacy in the midst of hormonal changes. This is a great resource for longevity and well-being for midlife and beyond.

Session 3 (October)

“The Gut-Immune Connection” by Emeran Mayer, MD

This book explores the role of the microbiome in neurological and cognitive health and explaining the “mind-body” connection. Dr. Mayer proposes that the gut microbiome is at the center of virtually every disease that defines our twenty-first-century public health crisis.



For each book club session, you can earn 75 N Good Health points by attending at least three of the four weeks.

To sign up, scan the QR code.

