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The Pritikin Promise: 28 Days to a Longer, Healthier Life. Pritikin, Nathan. Published by Simon & Schuster (1983) ISBN 10:

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The Pritikin Promise: 28 Days to a Longer, Healthier Life. Simon & Schuster. ISBN 978-0671494476 (1983). Diet for Runners: The High-Performance Diet that Gives You Supercharged Energy and Endurance ISBN 978-0671556235 (1985). Pritikin: The man who healed America's Heart ISBN 0-87857-732-7 Tom Monte, Ilene Pritikin (1987). See also

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