Ian K. Smith Books In Order

Ashe Cayne Books In Order

- [ ] The Unspoken (2020)
- [ ] Wolf Point (2021)
- [ ] The Overnights (2023)
- [ ] Eagle Rock (2024)
- [ ] Beyond Midnight (2025)

Standalone Novels In Order

- [ ] The Blackbird Papers (2004)
- [ ] The Ancient Nine (2018)

Non-Fiction Books In Order

- [ ] The Take-Control Diet (2001)
- [ ] Dr. Ian Smith's Guide to Medical Websites (2001)
- [ ] The Fat Smash Diet (2006)
- [ ] Extreme Fat Smash Diet (2007)
- [ ] The 4 Day Diet (2008)
- [ ] Happy: Simple Steps to Get the Most Out of Life (2010)
- [ ] 4 Day Detox (2010)
- [ ] EAT: The Effortless Weight Loss Solution (2011)
- [ ] The Truth About Men: The Secret Side of the Opposite Sex (2012)
- [ ] Get Ready to Shred (2012)
- [ ] Shred: The Revolutionary Diet (2012)
- [ ] Super Shred: The Big Results Diet (2013)

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☐	The Shred Diet Cookbook (2014)
☐	Blast the Sugar Out! (2017)
☐	The Clean 20 (2018)
☐	The Official Clean & Lean Recipe Book: The Official Companion to Dr. Ian Smith's Cl
☐	Clean and Lean (2019)
☐	Mind over Weight (2020)
☐	Fast Burn!: The Power of Negative Energy Balance (2021)
☐	Burn Melt Shred: Transform Your Body in 8 Weeks (2021)
☐	Plant Power (2022)
☐	The Met Flex Diet (2023)
☐	Eat Your Age (2025)

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