Ian K. Smith Books In Order

Ashe Cayne Books In Order

1. The Unspoken – 2020
2. Wolf Point – 2021
3. The Overnights – 2023
4. Eagle Rock – 2024
5. Beyond Midnight – 2025

Standalone Novels In Order

1. The Blackbird Papers – 2004
2. The Ancient Nine – 2018

Non-Fiction Books In Order

1. The Take-Control Diet – 2001
2. Dr. Ian Smith's Guide to Medical Websites – 2001
3. The Fat Smash Diet – 2006
4. Extreme Fat Smash Diet – 2007
5. The 4 Day Diet – 2008
6. Happy: Simple Steps to Get the Most Out of Life – 2010
7. 4 Day Detox – 2010
8. EAT: The Effortless Weight Loss Solution – 2011
9. The Truth About Men: The Secret Side of the Opposite Sex – 2012
10. Get Ready to Shred – 2012
11. Shred: The Revolutionary Diet – 2012
12. Super Shred: The Big Results Diet – 2013
13. The Shred Diet Cookbook – 2014
14. Blast the Sugar Out! – 2017
15. The Clean 20 – 2018
16. The Official Clean & Lean Recipe Book: The Official Companion to Dr. Ian Smith's Clean & Lean – 2019
17. Clean and Lean – 2019
18. Mind over Weight – 2020
19. Fast Burn!: The Power of Negative Energy Balance – 2021
20. Burn Melt Shred: Transform Your Body in 8 Weeks – 2021
21. Plant Power – 2022
22. The Met Flex Diet – 2023
23. Eat Your Age – 2025

Free printable from bookishwisdom.com

Free printable from bookishwisdom.com