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Dr. Insel is an Adjunct Professor of Psychiatry and Behavioral Sciences at Stanford University. In addition to being the Principal Investigator on several NIH nutrition projects, he is the senior author of the seminal text in health education and has co-authored several best-selling nutrition books.

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Discovering Nutrition (Paperback) Published March 27th 2012 by Jones & Bartlett Publishers. Fourth Edition, Paperback, 688 pages. Author (s): Paul M. Insel, Don H. Ross, Kimberley McMahon, Melissa Bernstein. ISBN:

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