

# Zdroje a inspirace

**Chris van Tulleken:** Ultrazpracovaní lidé (2022)

**Satchin Panda:** Cirkadiánní kód proti cukrovce (2022)

**Ed Yong:** Obsahují davy – O mikrobech v nás, kolem nás a o jejich fascinujícím vlivu na náš život (2017)

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