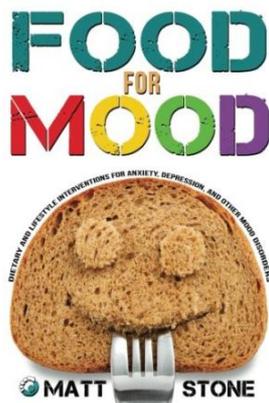


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FOOD FOR MOOD: DIETARY AND LIFESTYLE INTERVENTIONS FOR ANXIETY, DEPRESSION, AND OTHER MOOD DISORDERS



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- Authored by Matt Stone
- Released at 2014



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Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

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