



The Food-Mood Solution: All-Natural Ways to Banish Anxiety, Depression, Anger, Stress, Overeating, and Alcohol and Drug Problems--and Feel Good Again

Jack Challem

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Renowned nutrition expert Jack Challem isolates the nutritional triggers of bad moods, providing solutions that will help you stabilize your moods, gain energy, sleep better, handle stress, and be more focused. He lays out a clear-cut, four-step plan for feeding the brain the right nutrition, presenting advice on choosing the right foods and supplements as well as improving lifestyle habits to help regulate mood swings.

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