

## The Food Mood Solution All Natural Ways To Banish Anxiety Depression Anger Stress Overeating An

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pt. 1: The food-mood connection. How food affects your mood ; How life's stresses do a number on your moods ; Neuronutrients, moods, and your mind -- pt. 2: How to improve your moods. The first step: take your supplements ; The second step: eat mood-enhancing foods ; The third step: be more active ; The fourth step: begin changing your life habits -- pt. 3: Improving your specific mood and behavior concerns.

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