



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

Foreword by Melvyn R. Werbach By (author) Jack Challem

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In this eye-opening expose of the food-mood connection, renowned nutrition expert Jack Challem isolates the nutritional triggers of bad moods such as anger, tension, fatigue, impatience, and anxiety, providing solutions that will help readers stabilize their moods, gain energy, sleep better, handle stress, and be more focused.

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