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FOOD & MOOD

— SECOND EDITION —

**The Complete Guide to Eating
Well and Feeling Your Best**

How the nutrients in food improve
memory, energy levels, sleep patterns,
weight management, and attitude

Completely
Revised
& Updated

ELIZABETH SOMER, M.A., R.D.

FOREWORD BY NANCY SNYDERMAN, M.D.,
AUTHOR OF DR. NANCY SNYDERMAN'S GUIDE TO GOOD HEALTH

Food And Mood Cookbook Recipes For Eating Well And Feeling Your Best

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