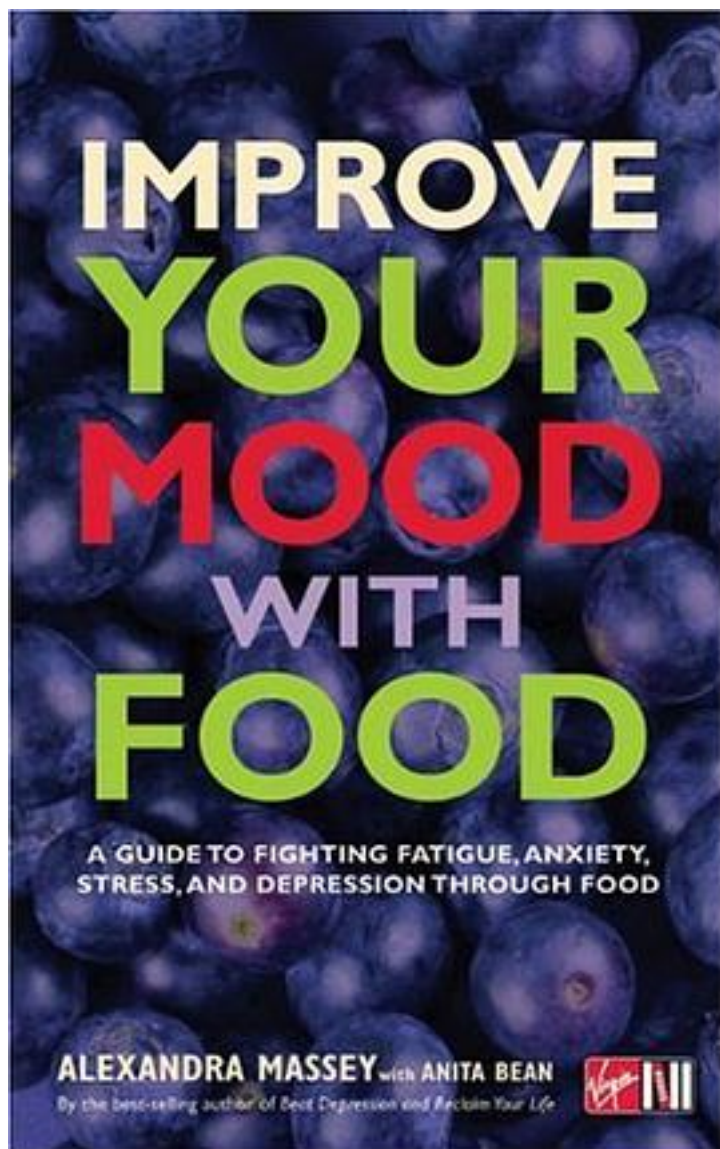


# Improve Your Mood with Food



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出版者:St Martins Pr

出版时间:2006-8

装帧:Pap

isbn:9780753511923

A simple, accessible, jargon-free guide to improving mood and relieving stress through diet, this book includes menus, shopping guides, and meal plans.

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