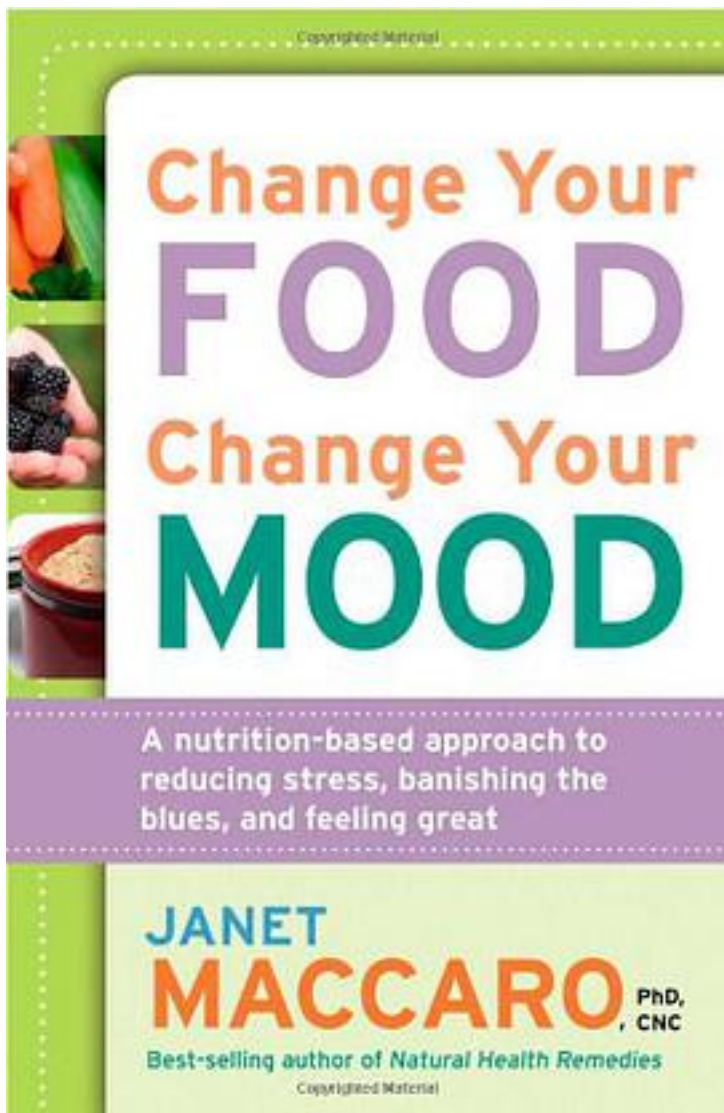


Change Your Food, Change Your Mood



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Stop letting out-of-control emotions rob you of a happy, healthy life Our moods affect our creativity, our productivity, our ability to be intimate???even how we give and receive love. When we are happy, we create a magnetizing effect, drawing people toward us. Conversely, a bad mood drives everything and everyone far from our lives. In Change Your Food, Change Your Mood, you have a valuable tool to help you learn how to stabilize your moods simply by changing the foods you eat. Learn how, what, and when to eat for energy, focus, and an uplifted outlook.

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目录:

[Change Your Food, Change Your Mood_ 下载链接1](#)

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