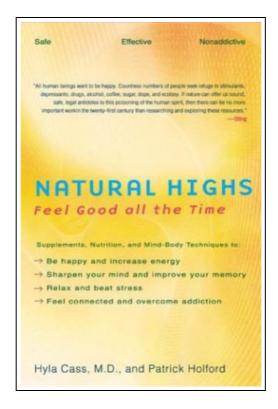
## Natural Highs: Supplements, Nutrition, and Mind/Body Techniques to Help You Feel Good All the Time (Paperback)



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## Reviews

It in a of my personal favorite pdf. Of course, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Nicholas Ratke)

## NATURAL HIGHS: SUPPLEMENTS, NUTRITION, AND MIND/BODY TECHNIQUES TO HELP YOU FEEL GOOD ALL THE TIME (PAPERBACK)



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Penguin Putnam Inc, United States, 2003. Paperback. Condition: New. Reprint. Language: English. Brand New Book. What does it take to make you feel high? Do you routinely reach for caffeine, alcohol, cigarettes, or sugary snacks to get you through the day? Unfortunately, the quick fixes we have become accustomed to don t work long-term, and often contribute further to the underlying problems of fatigue, depression, brain fog, and anxiety. In Natural Highs, two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements, herbs, and simple mind-body therapies that will help to increase energy, sharpen the mind, elevate mood, relax the body, and beat stress. Their remarkable research shows how to formulate the perfect brainfood to improve how we think and feel, resulting in a greater sense of connection and joy in everyday life-the natural high.

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