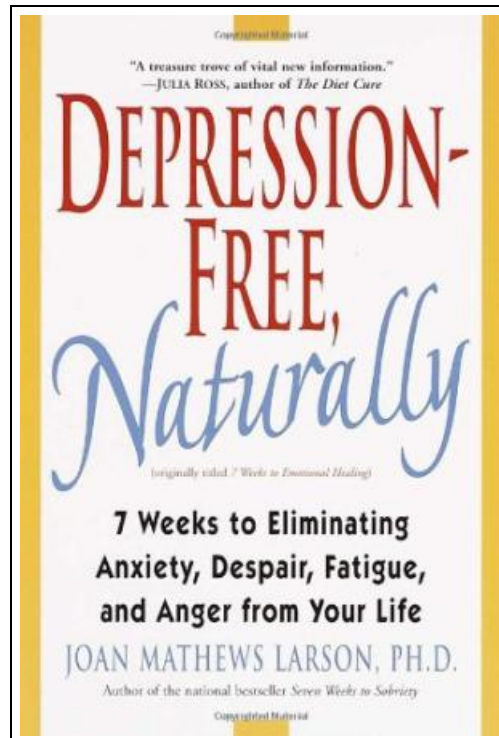


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Random House USA Inc, United States, 2001. Paperback. Book Condition: New. 208 x 142 mm. Language: English . Brand New Book. In this groundbreaking book, nutritionist Joan Mathews Larson, Ph.D., founder of Minnesota's esteemed Health Recovery Center, offers her revolutionary formulas for healing your emotions--biochemically. Through proven all-natural formulas, Seven Weeks to Emotional Healing will help you find the emotional well-being you've been missing your entire life. Inside you'll discover how to - Screen yourself for emotional and behavioral symptoms - Recognize the mental and physical clues that indicate biochemical imbalances - Heal your depression and anxiety with the right vitamins and minerals - Stabilize your mood swings and protect your well-being with essential fatty acids - Choose the right foods for optimal mental fitness - Rejuvenate your body with key natural hormones Safe, fast, more long-lasting and cheaper than prescription drugs or psychotherapy, Seven Weeks to Emotional Healing will help you find balance and well-being.



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