



The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings

By Amanda Geary

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This book enables you to understand the relationship between what you eat and how you feel.

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Editorial Review

Review

Geary manages to get to the heart of many food issues in a clear, often amusing way ... -- *Image (Eire)*

a biochemical journey ... the correct balance of nutrients in your daily diet contributes to better emotional and mental health... -- *Optimum Nutrition Journal*

an excellent guide ... leaves the reader to make an informed decision ... -- *British Society for Allergy, Environmental and Nutritional Medicine*

clearly laid out and attractively presented ... this is a book you can confidently recommend ... -- *The Nutrition Practitioner*

comprehensive ... in-depth look at how and why certain foodstuffs can contribute to ... depression, anxiety, and fatigue ... sound theoretical background ... -- *Open Mind*

From the Author

This is the book I wish I'd had 10 year's ago when my doctor diagnosed depression and prescribed me antidepressant medication. Instead, I've written it myself and the book's content reflects my personal journey as well as the private study and professional experience of the past decade. I sincerely hope you find it helpful. You will also be able to find out how you can join the Food and Mood Project's free email food and mood support group and share your thoughts and experiences with others who have read the book.

Eat well!

Amanda Geary November 2001

About the Author

Amanda Geary, a member of the British Association of Nutritional Therapists, was the originator of The Food and Mood Project. She facilitated the workshops on a voluntary basis. Amanda gained her diploma in Nutritional Counselling from the Raworth Centre, International College for Sports Therapy and Natural Medicine in Surrey, England in 1991. She is also a qualified and experienced practitioner of reflexology and aromatherapy and is currently studying for the MSc in Complementary Therapy Studies at the University of Westminster, London. Amanda has much experience of treating ME/CFS with nutritional therapy. She consults at private clinics in Brighton and Lewes, Sussex and also at the Children's Clinic in Brighton.

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Florence Hall:

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Sheila Seim:

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Donald Rivera:

A lot of people said that they feel bored stiff when they reading a book. They are directly felt the idea when they get a half portions of the book. You can choose the particular book The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings to make your reading is interesting. Your skill of reading proficiency is developing when you such as reading. Try to choose easy book to make you enjoy you just read it and mingle the impression about book and examining especially. It is to be very first opinion for you to like to open up a book and read it. Beside that the publication The Food and Mood Handbook: Find Relief at Last from Depression, Anxiety, PMS, Cravings and Mood Swings can to be your friend when you're truly feel alone and confuse with the information must you're doing of their time.

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