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The Mood Cure by Julia Ross Julia Ross' Cures

Reader Reviews: A few of the 500 reviews posted on Amazon for The Mood Cure. Excellent book!! Amazing results!! I m so grateful to have found this book! After being on SSRI s for essentially the last 20 years of my life, I thought I d never be able to get off of them. Every time I ve tried I ended up dealing with horrible withdrawal (dizziness, panic attacks, brain zaps, etc) and then

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The Mood Cure The 4 Step Program to Take Charge of Your

Including an individualized mood-type questionnaire, The Mood Cure has all the tools to help you get started today and feel better tomorrow. Read more Read less See the Best Books of 2018

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Book of the Month The Mood Cure Book Review The

However, The Mood Cure is focused more on healing our brains versus losing weight (although the two go hand in hand, as Julia points out). Read more about Amino Acids here. First Observations about The Mood Cure: The first thing I noticed was how reader-friendly this book is.

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The Mood Cure The 4 Step Program to Take Charge of Your

Julia Ross s plan provides a natural cure for your mood. Drawing on thirty years of experience, she presents breakthrough solutions to overcoming depression, anxiety, irritability, stress, and other negative emotional states that are diminishing the quality of our lives.

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The Mood Cure by Julia Ross Overcoming Your Anxiety

The Mood Cure by Julia Ross This book is my bible for nutritional therapy! Julia Ross writes from 30 years of experience as a psychotherapist and clinic director, working with people suffering from addictions, eating disorders, and various mood disorders.

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The Mood Cure The 4 Step Program to Take Charge of Your

The author of the bestseller The Mood Cure and The Diet Cure, she lives in Marin County, California. Read an Excerpt If you're often feeling depressed, anxious, or stressed, you're not alone.

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The Mood Cure Julia Ross Good Condition Book

The Mood Cure is a comprehensive program that includes the use of amino acids (which provide results in 24 hours) combined with a high-protein, good fat, veggie-rich diet and other nutritional strategies.

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The Mood Cure The 4 step Program to Take Charge of Your

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The Mood Cure The 4 Step Program to Take Charge of Your

The Mood Cure is the most highly recommended book for those people who have the issues we deal with at Suppers.

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My Book Review of The PCOS Mood Cure Martha McKittrick

My book review of The PCOS Mood Cure. So this brings me to the point of the my blog post my book review.

Confession: I have a fairly short attention span. So for a book to hold me captive, it must be good! I actually read the whole book on a flight to San Diego. I found it to be an easy read with a ton of info.

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