



Blue Genes: Breaking Free from the Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, and Your Loved Ones

By Paul D Meier, Todd Clements, Jean-Luc Bertrand, David Mandt

Tyndale House Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Blue Genes: Breaking Free from the Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, and Your Loved Ones, Paul D Meier, Todd Clements, Jean-Luc Bertrand, David Mandt, Many common psychological problems, such as depression, bipolar disorder, obsessive-compulsive disorder, and ADHD, can be linked to chemical imbalances in the brain. Dr. Paul Meier, whose clinic treats thousands of people per week, has written "Blue Genes" to help find answers for those who struggle. Through fascinating case studies, Dr. Meier shows the dramatic difference counseling and medicine can make. This empowering book addresses how genetics, environment, diet, fitness, and spirituality all affect our minds and our quality of life.



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