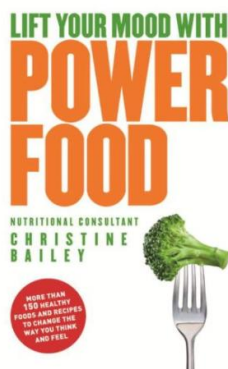


## Lift Your Mood with Power Foods: More Than 150 Healthy Foods and Recipes to Change the Way You Think and Feel



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