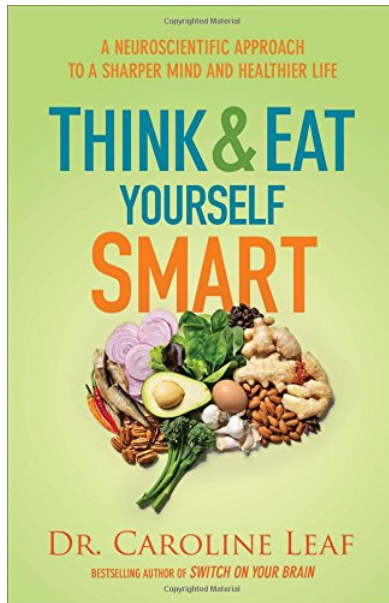


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Science is beginning to understand that our thinking has a deep and complicated relationship with our eating. Our thoughts before, during, and after eating profoundly impact our food choices, our digestive health, our brain health, and more. Yet most of us give very little thought to our food beyond taste and basic nutritional content. In this revolutionary book, Dr. Caroline Leaf packs an incredible amount of information that will change readers' eating and thinking habits for the better. Rather than getting caught up in whether we should go raw or vegan, gluten-free or paleo, Leaf shows readers that every individual is unique, has unique nutritional needs, and has the power to impact their own health through the right thinking. There's no one perfect solution. Rather, she shows us how to change the way we think about food and put ourselves on the path towards health.

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