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## Eat Your Anxiety Before It Eats You: 5 Super Foods You Must Eat to Eliminate Anxiety

By Shawna Sparlin

Magick Mom Press, United States, 2015. Paperback. Book

Condition: New. Web Mark (illustrator). 203 x 127 mm.

Language: English . Brand New Book \*\*\*\*\* Print on Demand

\*\*\*\*\*.Deadlines at work are looming. Bill collectors won't stop

calling. Your kid's grades are slipping at school. Let's face it, we

are a society of stressed out and anxious people! Over 70 of

Americans feel one or more symptoms of anxiety every day!

Every time you turn on your television there is a new

commercial for another miracle drug that will cure your

anxiety, stress and depression. But if these drugs worked,

would we need a new version every six months? What if I told

you that you could eliminate your anxiety by adding five

common super foods to your diet? Would you try it? Of course

you would! Doing so would save you hundreds of dollars every

year! This book will show you the difference between normal

levels of anxiety and abnormal. You will find out what the five

super foods are that will erase your anxiety completely! The

book also contains recipes for delicious dishes and tasty treats

to help you incorporate these super foods into your daily...



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