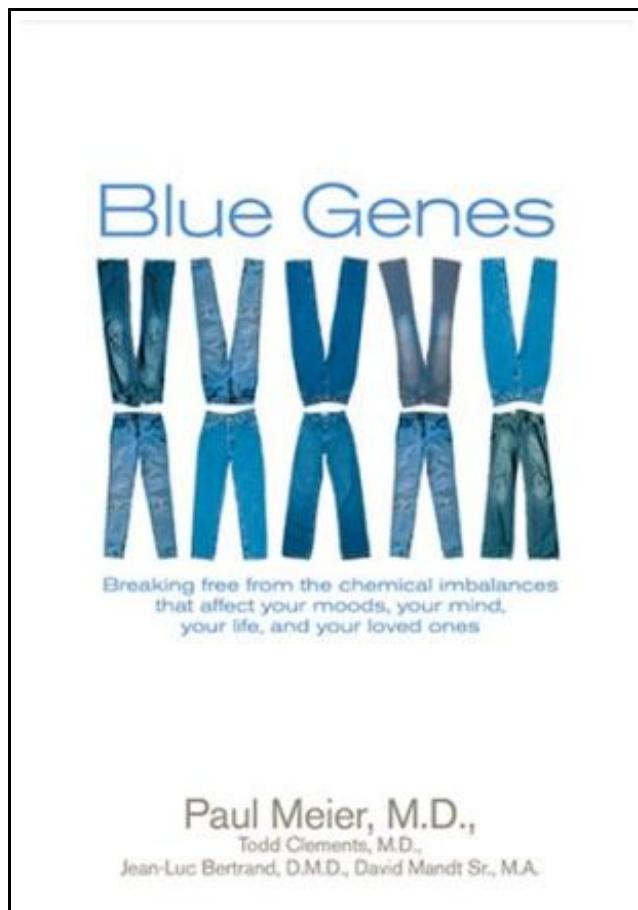


Blue Genes: Breaking Free from the Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, and Your Loved Ones



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Reviews

Basically no words to describe. We have read through and i also am sure that i am going to going to read once more once again later on. You may like just how the article writer compose this publication.

(Mrs. Jane Quitzon DDS)

BLUE GENES: BREAKING FREE FROM THE CHEMICAL IMBALANCES THAT AFFECT YOUR MOODS, YOUR MIND, YOUR LIFE, AND YOUR LOVED ONES

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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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