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Paperback – Illustrated, January 2,
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change your life. Like the case studies I've just cited, you, too may be co-existing with an erratic nervous system or brain, and lack the energy, verve, joy and confidence that should have been your birthright.

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Joan Mathews-Larson | alcoholism, depression, anxiety, moods
Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life. Paperback – 1 Jan. 2001. by. Joan Mathews Larson (Author) › Visit Amazon's Joan Mathews Larson Page. search results for this author.

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