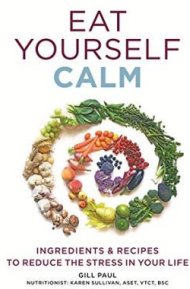


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EAT YOURSELF CALM (PAPERBACK)



Octopus Publishing Group, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. An accessible new series which shows how to harness the power of food to improve well-being and deal with common health concerns. The first part of each book looks at key ingredients and their impact on immediate mood and long-term health. A Problem Solver then approaches the subject from the point of view of the most common everyday ailments, listing the key foods and recipes...

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- Authored by Gill Paul
- Released at 2014



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