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Holy Moly Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Psychological Nutrition is not a concept that most women have ever really contemplated. We don't consider our emotions and reactions within the context of nourishment. Consequently, we unthinkingly consume a diet of negative emotions and thereby allow no room for positive emotions. This is particularly true for those of us who are in middle-age or...

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