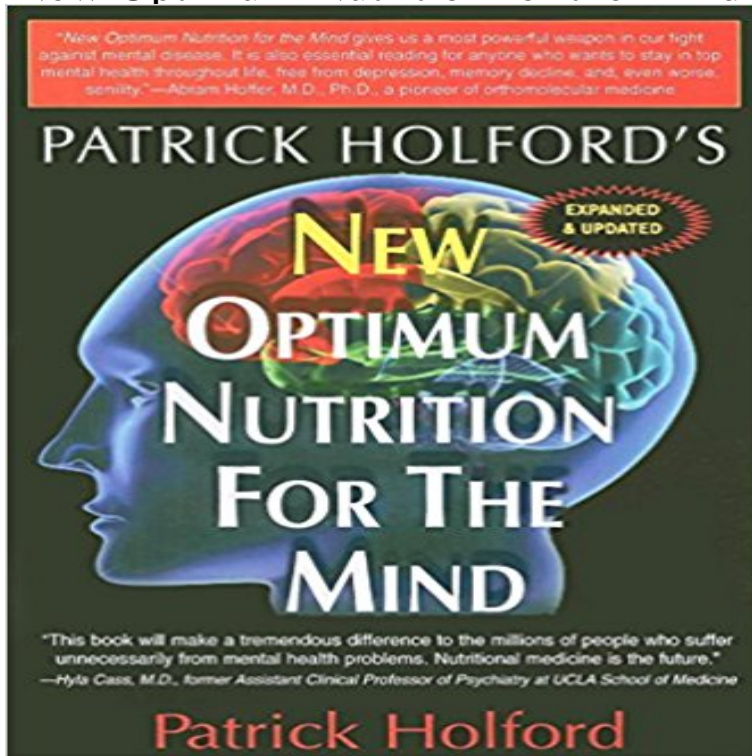


New Optimum Nutrition for the Mind



How we think and feel is directly affected by what we take into our bodies. Eating the right food has been proven to boost IQ, improve mood and emotional stability, sharpen the memory, and keep the mind young. This book covers a wide range of important topics and should be of interest to anyone who wants to think and feel great.

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