

**The Chemistry Of Joy Workbook: Overcoming Depression
Using The Best Of Brain Science, Nutrition, And The
Psychology Of Mindfulness (A New Harbinger Self-Help
Workbook)**

By Henry Emmons MD



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Susan Anderson is the author of The Abandonment Recovery Workbook, as well as to helping people resolve abandonment and overcome self-sabotage. . and Everyday Joy, which was selected as one of the best books of 2012 by . 'The Big Picture: Bringing Together the Scientific and the Spiritual with David Burfoot'

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