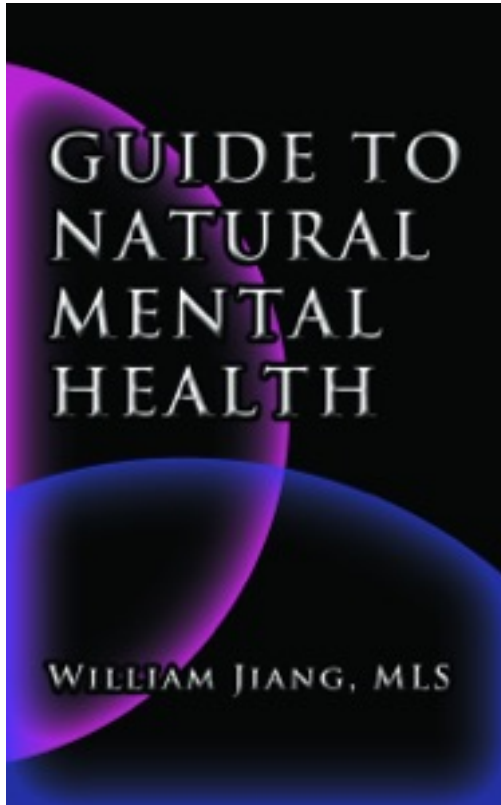


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the mood, the role of a positive social network in recovery, the role of pets, the harmful effects of the digital lives we lead, and the healing power of scent. Finally, the amazing fact that nutrition can sometimes prevent psychosis in its beginning stages before it becomes fully-blown schizophrenia is looked at. Additional mental health tips added to third edition.

Reviews

"I wish with all my heart that when I was a young mother, I had the information that is in this book. It would have saved my family and my son many years of suffering." -Marye Jiang, MA

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