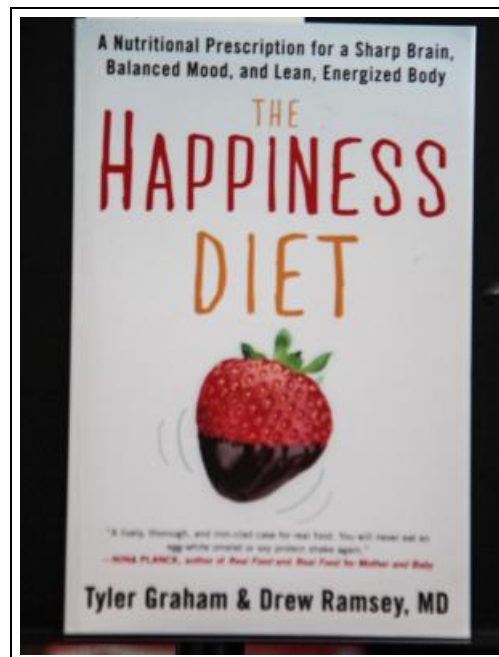


The Happiness Diet: A Nutritional Prescription for a Sharp Brain, Balanced Mood, and Lean, Energized Body



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THE HAPPINESS DIET: A NUTRITIONAL PRESCRIPTION FOR A SHARP BRAIN, BALANCED MOOD, AND LEAN, ENERGIZED BODY



Rodale Books, 2012. Soft cover. Condition: New. 1st Edition. Mark on lower text block otherwise tight and unread. 216 x 140 mm. Language: English . Brand New Book. For the first time in history, too much food is making us sick. It s all too apparent that the Modern American Diet (MAD) is expanding our waistlines; what s less obvious is that it s starving and shrinking our brains. Rates of obesity and depression have recently doubled, and while these epidemics are closely linked, few experts are connecting the dots for the average American. Using the latest data from the rapidly changing fields of neuroscience and nutrition, The Happiness Diet shows that over the past several generations small, seemingly insignificant changes to our diet have stripped it of nutrients like magnesium, vitamin B12, iron, and vitamin D, as well as some very special fats that are essential for happy, well-balanced brains. These shifts also explain the overabundance of mood-destroying foods in the average American s diet and why they predispose most of us to excessive weight gain. After a clear explanation of how we ve all been led so far astray, The Happiness Diet empowers the reader with simple, straightforward solutions. Graham and Ramsey show you how to steer clear of this MAD way of life with foods to swear off, shopping tips, brain-building recipes, and other practical advice, and then remake your diet by doubling down on feel-good foods even the all-American burger.

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