



Eat HAPPY: Eat Away Your Depression! 20 Mood-Boosting Recipes

Carren Soft

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Eat HAPPY: Eat Away Your Depression!

20 Mood-Boosting Recipes

Are you fighting with unexplained form of depression? If Yes! Then this book is the answer to all of your questions. Whether you are a food nutritionist or a common person, this book is extremely informative for each and every person. We fight with depressions on various stages of life. Most of the times, we don't even know the real cause behind our depression. Depression is not the only issue, there are many times when we face sudden mood swings. In such a condition, we tend to blame the external factors for our mood swings or depression which in fact is wrong. If we dig a little deeper, we will get to know that our food plays an important role in determining our everyday moods. This book provides you with a detailed insight into the link between the food and human moods. The first two chapters of this book will unravel the secret connection between the food we consume and its effect on our mood swings.

The second chapter of this book will tell you about the food items that are harmful for you and the food items that are good for your health. The last three chapters of this book are going to provide you with twenty different recipes of mood-boosting dishes. These recipes are easy-to-make and by consuming the food items mentioned in these recipes, you are going to find significant change in your mood. This book is divided in to five different chapters:

- Chapter1- The hidden relation between food and mood
- Chapter2- Types of food items that can change your mood
- Chapter3-Easy-to-make recipes to boost your mood
- Chapter4-Desserts and Drinks to boost your mood
- Chapter5- Mouth-watering salty meals to boost your mood

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