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He shows how unprecedented stress in society and epidemic levels of depression have led people to food as a poor means of managing mood. In this original approach, Thayer describes how people's daily energy and tension variations occur, and how this knowledge helps overcome the urge to eat the wrong food and to achieve the goal of "calm energy."

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"People who are problem solvers make everyone else feel as if they are safe, taken care of, and that everything will be OK. They are able to pull people into their calm, instead of allowing people ...

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