



The Omega-3 Connection: The Groundbreaking Antidepression Diet and Brain Program

Andrew Stoll

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Based on award-winning research by the director of psychopharmacology at Harvard Medical School, The Omega-3 Connection introduces a safe and practical way to improve mental health. With simple recipes and sound advice, his book provides all the tools readers need to reap the many benefits of omega-3 fatty acids.

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