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viii Preface life. You cannot change how you think and feel without changing your brain. We all feel a little anxious or down in the dumps at times.

## **ffirs.indd ii 1/29/10 10:22:00 AM - Brainmaster Technologies**

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Adobe PDF eBook 2 MB Georgia Andrianopoulos (Author) Georgia D. Andrianopoulos, Ph.D., is a physiologic psychologist with more than fifteen years' experience in the field of eating disorders.

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