

**When Your Body Gets The Blues: The Clinically Proven  
Programme For Women Who Feel Tired And Stressed And  
Eat Too Much**

**By Marie Annette Brown**

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### **Simple measures can cure 'body blues' | UW News -**

In her book, When Your Body Gets the Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much,

[www.washington.edu/news/2002/02/07/simple-measures-can-cure-body-blues/](http://www.washington.edu/news/2002/02/07/simple-measures-can-cure-body-blues/)

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### **Search Results for Stress management for women. - Explore York -**

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### **Fitness & Health - WannaLearn.com -**

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<https://www.health.harvard.edu/mind-and-mood/what-causes-depression>

### **This Is Your Brain on Nature - National Geographic -**

When we get closer to nature—be it untouched wilderness or a backyard tree— we to nature—be it untouched wilderness or a backyard tree—we do our overstressed brains a favor. not only do we feel restored, but our mental performance improves too. Strayer has demonstrated as much with a group of Outward Bound

[www.nationalgeographic.com/magazine/2016/01/call-to-wild/](http://www.nationalgeographic.com/magazine/2016/01/call-to-wild/)

### **The Clinically Proven Program for Women Who Feel Tired, Stressed -**

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### **Review - When Your Body Gets the Blues - Self-Help -**

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### **Here's Why You Actually Get Depressed In The Winter - BuzzFeed -**

It's not just ~the winter blues~. As the days get shorter and darker, you probably find yourself feeling more tired, cranky, and lethargic than

<https://www.buzzfeed.com/annaborges/get-it-its-called-sad>

### **[PDF]07 BookReview (102) - American Kinesiology Association -**

Having read Move Your Body, Tone Your Mood: The Workout Therapy . Robinson's When Your Body Gets the Blues: The Clinically Proven Program for. Women Who Feel Tired and Stressed and Eat Too Much (2002; exercise, light.

[www.americankinesiology.org/AcuCustom/Sitename/Documents/.../2814.pdf](http://www.americankinesiology.org/AcuCustom/Sitename/Documents/.../2814.pdf)

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<https://www.amazon.com/When-Your-Body-Gets-Blues-ebook/dp/B00EM3PN08>

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[https://www.orparc.org/library/materials/lists/Diet & Nutrition.pdf](https://www.orparc.org/library/materials/lists/Diet_%20Nutrition.pdf)

**Foods to Help You Feel Better - WebMD -**

Nutrition experts say that the foods you eat can help you feel better – or lows from too much sugar and refined flour – you are more likely to feel Week-to- week and month-to-month, keeping your body healthy and get in certain foods can influence the levels of feel-good hormones . Women's Health

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2003, English, Book edition: When your body gets the blues : the clinically proven programme for women who feel tired and stressed and eat too much

[trove.nla.gov.au/work/30263898?](http://trove.nla.gov.au/work/30263898?)

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<https://www.barnesandnoble.com/w/when-your-body-gets-the-blues.../1113142307?...>

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When Your Body Gets the Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much Hardcover – Bargain Price, February 23, 2002. They eat too much or have gained weight lately. Authors Marie-Annette Brown and Jo Robinson name these blues, which

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