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The Mars & Venus Diet & Exercise Solution: Create the Brain Chemistry of Health, Happiness, and Lasting Romance by John Gray, Ph.D. John Gray, who has taught men and women how to embrace their differences to build strong, loving relationships in his groundbreaking book, Men Are From Mars, Women Are from Venus, and eleven other bestsellers now turns to diet and exercise as a source of well-being and harmony. This practical guide reveals how diet, exercise, and communication skills combine to ...

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John Gray's "The Mars & Venus Diet & Exercise Solution" is a

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remarkable achievement. That an expert in relationships has taken the time and effort to read and master esoteric research on brain chemistry and made it accessible and usable for us lay readers is amazing.

Mars & Venus Diet & Exercise Solution: Create the Brain ...

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The MarsVenus Super Cleanse drink (for Men, Women and Kids) kickstarts your digestive system each morning, adds vitamin C to your diet and simply tastes good. Besides tasting good, Super Cleanse Drink has a number of health benefits: 1. Boosts your immune system: Lemons and limes are very high in vitamin C, which helps fight colds. Lemons and limes are also high in potassium, which stimulates brain and nerve function and helps control blood pressure.

Super Cleanse - MarsVenus.com - John Gray

Description. John Gray's Mars Venus Super Foods Shake for Men is full of 100 vitamins and minerals, plus a generous amount of protein to shape your body and mind. High amount of protein with few calories. Contains all nine essential amino acids your body needs. Easy to digest and absorb into your body.

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BEYOND MARS AND VENUS by John Gray Times have changed. Our relationships desperately need new skills to match. GET MY COPY! FREE WELLNESS GUIDE. Experience optimal wellness through natural solutions and transform your health and well-being today! John Gray's Wellness Solutions.

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ISBN: 9781593970949. 3:27:0. Apple iTunes. Audible. The mega-bestselling author who celebrated gender differences turns to diet and exercise as a source of well-being and harmony. In the groundbreaking bestseller Men Are from Mars, Women Are from Venus, John Gray taught men and women how to embrace their differences to gain strong, loving relationships.

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The mega-bestselling author who celebrated gender differences turns to diet and exercise as a source of well-being and harmony In the groundbreaking bestseller Men Are from Mars, Women Are from Venus, John Gray taught men and women how to embrace their differences to gain strong, loving relationships. Now this practical guide reveals how diet, exercise, and communication skills combine to ...

[The Mars and Venus Diet and Exercise Solution: Create the ...](#)

The Mars & Venus Diet and Exercise Solution: Create the Brain

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Chemistry of Health, Happiness, and Lasting Romance by John Gray. John Gray, PhD, has taught men and women how to embrace their differences to build strong, loving relationships. This practical guide reveals how diet, exercise and communication skills combine to affect the production of healthy brain chemicals.

[The Mars & Venus Diet and Exercise Solution By John Gray ...](#)

John Gray (born December 28, 1951) is an American relationship counselor, lecturer and author. In 1969, he began a nine-year association with Maharishi Mahesh Yogi before beginning his career as an author and personal relationship counselor. In 1992 he published the book *Men Are from Mars, Women Are from Venus*, which became a long term best seller and formed the central theme of all his ...

[John Gray \(American author\) - Wikipedia](#)

John Gray, who celebrated gender difference in his groundbreaking work *Men Are from Mars, Women Are from Venus*, turns to diet and exercise as a source of well-being and harmony. This practical audio guide addresses the unique needs of men and women to reveal how diet, exercise and communication skills combine to affect the production of healthy brain chemicals.

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