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### **Calm Energy: How People Regulate Mood with Food and ...**

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Title: Calm Energy: How People Regulate Mood with Food and Exercise Format: Paperback Product dimensions: 288 pages, 5.98 X 9.02 X 0.91 in Shipping dimensions: 288 pages, 5.98 X 9.02 X 0.91 in Published: March 15, 2003 Publisher: Oxford University Press Language: English

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### **Calm Energy: How People Regulate Mood with Food and ...**

"Calm Energy" by Robert Thayer, M.D., is another winner in the area of "how people regulate mood with food and exercise." It is such a pleasure to read about physiological states from a doctor who hasn't forgotten the time-proven, sine qua non art of footnoting and referencing.

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