



## The Big High: The Natural High

Joseph D. Beasley, Mary P. Cheney

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Neurotransmitter restoration techniques are depicted in a step by step format. The information presented will empower the reader with education and techniques which will help to increase recovery rates when added to any treatment program. All the recommendations are safe and will also enhance general health, and help to decrease physical cravings, anxiety, depression and sleep problems.



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