

## The Mars and Venus Diet and Exercise Solution



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. With great insight and vision, John Gray examines the different emotional issues that govern mood, motivation, and passion in men and women. He goes on to explore how men and women lose weight differently, and provides effective tools to eliminate addictions and food cravings. John Gray has been working with specialists for the last 30 years to develop this program, which he designed to be effortless and adaptable to any lifestyle. By applying *The Mars and Venus Diet and Exercise Solution*, you will create the brain chemistry of health, happiness and lasting romance.

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hormonal and brain chemistry balance. The Mars & Venus Diet & Exercise Solution: Create - Google Books John Gray, PhD, has taught men and women how to embrace their differences to build strong, loving relationships. This practical guide reveals how diet, The Mars & Venus Diet & Exercise Solution: Create - The Mars and Venus Diet and Exercise Solution: Create - Amazon The Mars and Venus Diet and Exercise Solution: Create the Brain Chemistry of Health, Happiness and Lasting Romance (Chinese Edition) [John Gray] on The Mars and Venus Diet and Exercise Solution - The Mars and Venus Diet and Exercise Solution: Create the Brain Chemistry of Health, Happiness, and Lasting Romance by John Gray (2003-03-04) John The Mars and Venus Diet and Exercise Solution - Listen to a free sample or buy The Mars and Venus Diet and Exercise Solution (Abridged Nonfiction) by John Gray on iTunes on your iPhone, iPad, iPod touch, Customer reviews: The Mars and Venus Diet and Exercise Solution - 2 minTonton Download The Mars and Venus Diet and Exercise Solution : Create the Brain Chemistry