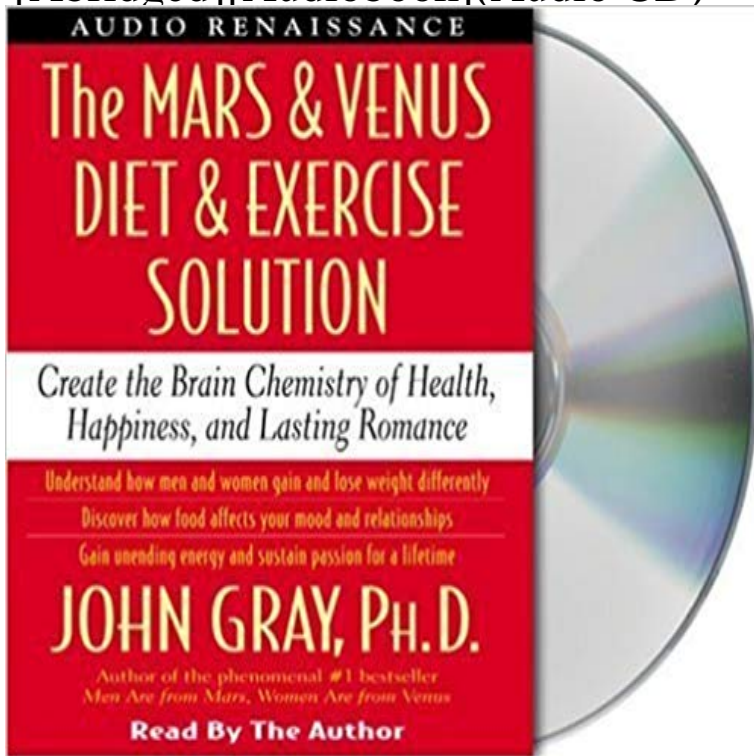


The Mars and Venus Diet and Exercise Solution: Create the Brain Chemistry of Health, Happiness, and Lasting Romance [Abridged][Audiobook](Audio CD)



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 affect the production of healthy brain chemicals. John Gray shows men and women how to use this revolutionary approach to diet and exercise to achieve happiness, love, and fulfillment. *The Mars & Venus Diet and Exercise Solution* will help listeners: understand how men and women gain and lose weight differently, manage their weight without needing will power, gain unending energy, overcome anxiety / depression by changing the breakfast meal, discover how diet affects mood and the quality of relationships, and sustain a lifetime of passion.

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