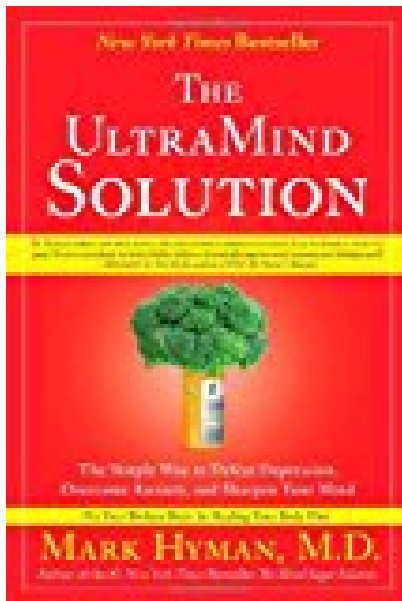


# The UltraMind Solution The Simple Way to Defeat Depression Overcome Anxiety and Sharpen Your Mind

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## BOOK DETAILS

- Author : Mark Hyman M.D.
- Pages : 464 Pages
- Publisher : Scribner
- Language : English
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## **BOOK SYNOPSIS**

A "New York Times"-bestselling author reveals that problems in the brain don't start there, and explains how detoxifying and fortifying the body can maximize brain function, alleviate depression, and improve memory--without drugs.

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