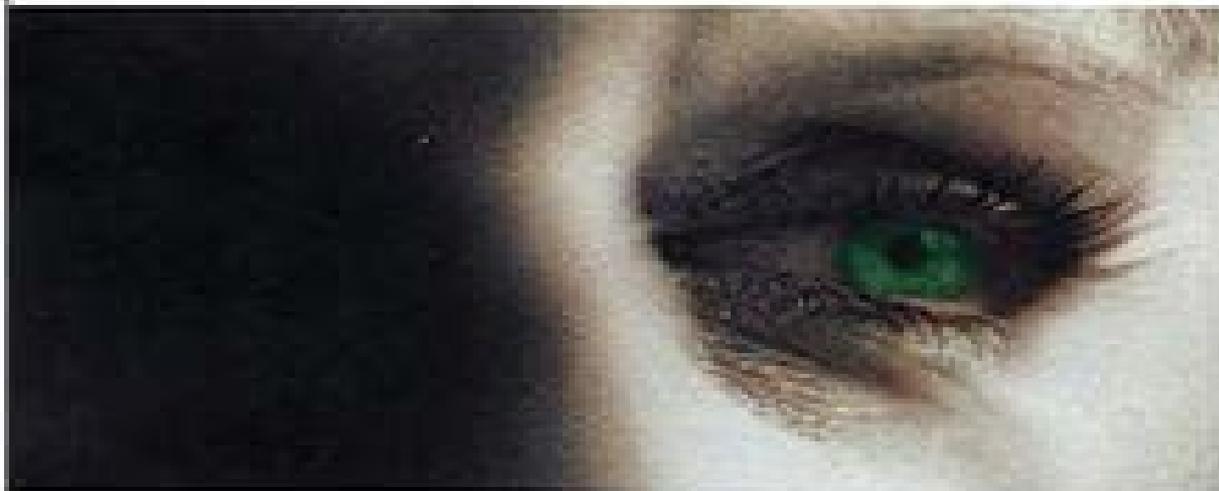


# MASTERING YOUR MOODS

UNDERSTANDING  
YOUR EMOTIONAL  
HIGHS AND LOWS



PAUL MEIER, M.D.,  
STEPHEN ARTERBURN, M.ED.,  
AND FRANK MINIRTH, M.D.

# Mastering Your Moods Understanding Your Emotional Highs And Lows

**Anthony S. Fauci**



## **Mastering Your Moods Understanding Your Emotional Highs And Lows:**

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observing light with a dominant wavelength between roughly 585 and 620 nanometres in painting and traditional colour theory it is a secondary colour of pigments created by mixing yellow and red it is named after the fruit of the