

A person is walking away from the viewer down a dirt path in a dense forest. The path is illuminated by a bright, glowing light source at the end, creating a strong backlight effect and casting a long shadow of the person onto the ground. The trees and foliage are dark and dense, framing the path. The overall mood is serene and hopeful.

calm energy

how people regulate mood
with food and exercise

robert e. thayer, PH.D.

Calm Energy How People Regulate Mood With Food And Exercise

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