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## Come on Get Happy: Salads, Smoothies and Southern Comfort Mood Boosters

*Brooke Meyers*

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**Brooke Meyers : Come on Get Happy: Salads, Smoothies and Southern Comfort Mood Boosters** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Come on Get Happy: Salads, Smoothies and Southern Comfort Mood Boosters:

0 of 0 people found the following review helpful. Wonderful! By Tuesday Shaw This is a fantastic and easy to follow book. I was pretty overwhelmed when I realized all of the fantastic options available! I would have to say that this is

very thorough and well stated. I would recommend it to anyone!0 of 0 people found the following review helpful. I love foods that are mood boostersBy alicia smithI love foods that are mood boosters. I seem to not eat as healthy and that does cause me to not feel up to par. This book has recipes that I am going to love to try. I think anyone that has a problems with eating healthy and some problems with their mood that this book could really help you. I am super excited to start on page one and go all the way to the end with every single recipe.0 of 0 people found the following review helpful. great find!By JBive always loved southern good from the many vacations i take, so finding this book was great. Comfort foods are always great to begin with, and with mood boosters its an added plus. Sometimes cookbooks can be a little complicated to follow but this one is easy to follow through with. Its got a lovely mix of everything you can think of southern food wise that you would love.

Finally a cookbook for the southern style foods you love. This book is full of healthy delicious recipes that everyone will love. With recipes ranging from biscuits to watermelon salsa there is something for everyone to love. Don't let this one slip away and grab your copy today.