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When I first read his book, *Calm Energy: How People Regulate Mood with Food and Exercise*, I was immediately impressed by the implications of his work for those struggling with addiction. In a nutshell, he provides a very strong case that many of our moods and unhealthy eating habits have in common two bio-psychological dimensions that he calls energy and tension.

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Some people are naturally calm, like lovely, earthy rocks to be around - you know the ones, we all need those in our lives. ... But knowing how to recover and rejuvenate allows us to regulate energy and find balance - that leads to more energy in the long run.

### **8 habits of calm people - Healthista**

He shows how unprecedented stress in society and epidemic levels of depression have led people to food as a poor means of managing mood. In this original approach, Thayer describes how people's daily energy and tension variations occur, and how this knowledge helps overcome the urge to eat the wrong food and to achieve the goal of "calm energy."

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