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# REMINDFUL FOOD AND MOOD JOURNAL: A GUIDE TO AUTHENTIC EATING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 216 x 140 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The purpose of this guide is to help you examine the reasons why youre overeating. It will help you examine the "why" "what" "when" and "how" of your eating. Once you start to see a pattern of feelings connected to overeating, youre able to pin point the root of the reason for overeating. This book...

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- Released at 2016



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