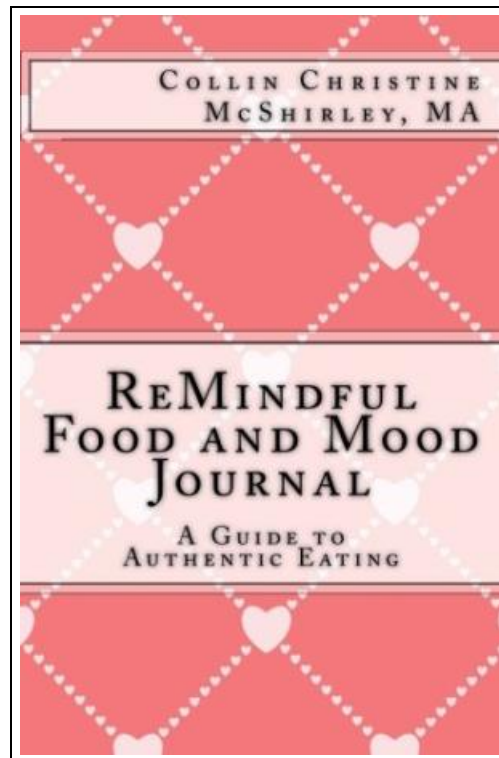


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REMINDFUL FOOD AND MOOD JOURNAL: A GUIDE TO AUTHENTIC EATING



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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 is most useful when paired with my book "How I Broke Free From Dieting." It shares examples of common reasons why people overeat and how to change negative coping mechanisms into positive coping mechanisms. Once you identify what is eating you inside its incredibly helpful to have support. If youre interested in working with me individually, I will provide 24-7 support to examine the feelings at hand that lead to overeating. Use this journal daily to keep on track. If you miss a few days, its okay. I always want you to be kind to yourself. There is no right or wrong here. All I ask is that you keep trying and always love yourself in the process.If you would like to reach out to me, I am available at.



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