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The Food and Feelings Workbook ABOUT THE AUTHOR: Karen R. Koenig, LCSW, MEd is a psychotherapist, educator, and an expert on the psychology of eating who has over 25 years experience treating people

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with food and weight issues.

The Food and Feelings Workbook: A Full Course Meal on ...

The final part of the workbook focuses on strategies for disconnecting feeling from food, discovering emotional triggers, and using one's feelings to get what one wants out of life.

The Food and Feelings Workbook: A Full Course Meal on Emotional Health WORKSHEET #2: Dealing Differently From the inventory in Worksheet #1, choose a time of day, a type of incident, or a feeling state to target. For example, you might decide to target nighttime boredom eating, or eating in response to days with an enormous workload, or eating to calm your anxiety generally.

Printable worksheets for the Eat Sanelly ebook edition

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