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*Karen R. Koenig on her book \"The Food and Feelings Workbook\" Recovery minded YouTube channels, insta accounts and more!*

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An extraordinary, powerful connection exists between feeling and feeding that, if damaged, may lead to one relying on food for emotional support, rather than seeking authentic happiness. This unique workbook takes on the seven emotions that plague problem eaters — guilt, shame, helplessness, anxiety, disappointment, confusion, and loneliness — and shows readers how to embrace and learn from their feelings.

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