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and mood is that basically it s a two way street the mood we are in can have a great influence over the food we choose to eat even more so perhaps is the mood we expect to be put in from eating the food on the other hand when it es to mood and food you really are what you eat"**my feelings workbook hope 4 hurting kids**

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May 14th, 2020 - 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 with food and weight issues author of the widely used book the rules of normal eating she lives in sarasota fl where she helps people bee normal eaters through her therapy practice and workshops'

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