

**The Food And Feelings Workbook: A Full Course Meal
On Emotional Health By Karen R. Koenig**

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Thursday -21/01/10- thankful thursday-rachel-

Jan 20, 2010 This week we are working our way through chapters in the "Food and Feelings Workbook: A Full Course Meal on Emotional Health" by Karen R. Koenig, LCSW, M

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Karen Koenig is the author of Starting Monday (4.40 avg rating, 5 ratings, 1 review, published 2013) and The Food & Feelings Workbook Karen Koenig

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