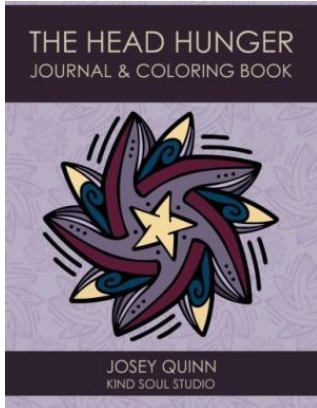


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THE HEAD HUNGER JOURNAL COLORING BOOK



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Head Hunger Journal Coloring Book has writing prompts to help you work through "head hunger" when it leads to overeating, emotional eating, or other issues. In my struggles with head hunger, Ive found that understanding my triggers and planning ahead helps me cope. Ive found, too, that relaxation and distraction help break the cycle...

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- Authored by Josey Quinn
- Released at 2016



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