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**By Karen Koenig**

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The Food & Feelings Workbook : A Full Course Meal on Emotional Health (Karen R. Koenig) at Booksamillion.com. This workbook teaches how to heal emotional wounds

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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