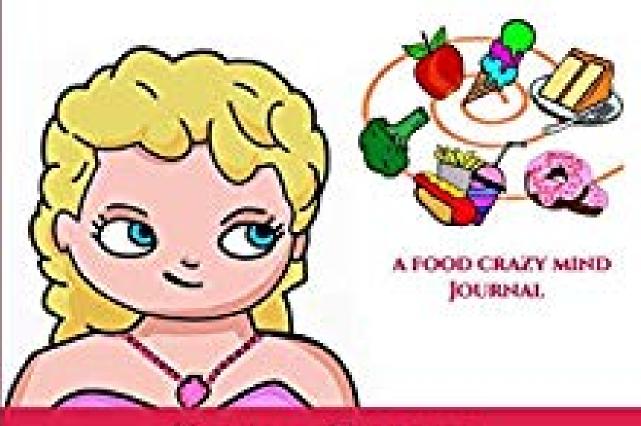
# FOOD & FEELINGS

## JOURNAL



DAVINA CHESSID

#### Davina Chessid

### Food & Feelings Journal: A Food Crazy Mind Eating Awareness Journal (Guided Journals & Trackers)



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You may use this journal with the bestselling book Food Crazy Mind or as a stand-alone way to journal down the pounds. It is the simplest and easiest of the Food Crazy Mind Eating Awareness Journals. Each web page has space to jot down what you drink and eat in addition to lines for journaling about how exactly you are feeling. This Food and Feelings Journal may be the perfect place to record everything you eat in a nonstructured way.



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