



The Head Hunger Journal Coloring Book (Paperback)

By Josey Quinn

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 of obsessive thoughts when food cravings hit. That is why this journal includes coloring designs between the writing prompts. All of the journal and coloring pages are printed on one side of the paper to give you plenty of room to write, color, and create. I created the original coloring pages as simple, meditative designs that can be completed in one sitting.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**