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Food, Mood & Health Journal: The Happiness Project: Plan Your Way Back to Health in 120 Days (Mindful Mom Inspirational) (Volume 1)

By Ladbroke Grove Press



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DID YOU KNOW: THOSE WHO RECORD THEIR PROGRESS CAN LOSE 2X AS MUCH WEIGHT AS THOSE WHO DON'T, RECENT STUDIES SHOW!

Our *Food, Mood & Health Journal* will be your companion for the next 120+ days as you recondition your mind, moods and body to achieve your wellness goals. Be aware of what, why and how you eat.

This journal includes:

- *Daily 2 page spreads to record food, water intake, moods, goals, eating style, and exercise.
- *120 Days of Inspiration to help you track your progress and refine your wellness goals.
- *Detailed motivational tips from a mental health professional for tracking your moods.

- *And it is an elegant, discreet food journal which can be used comfortably at a restaurant, home, the gym, or work.

Be all that you can be, let the *Food, Mood & Health Journal* guide you on the most important Happiness Project of them all: YOU!



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