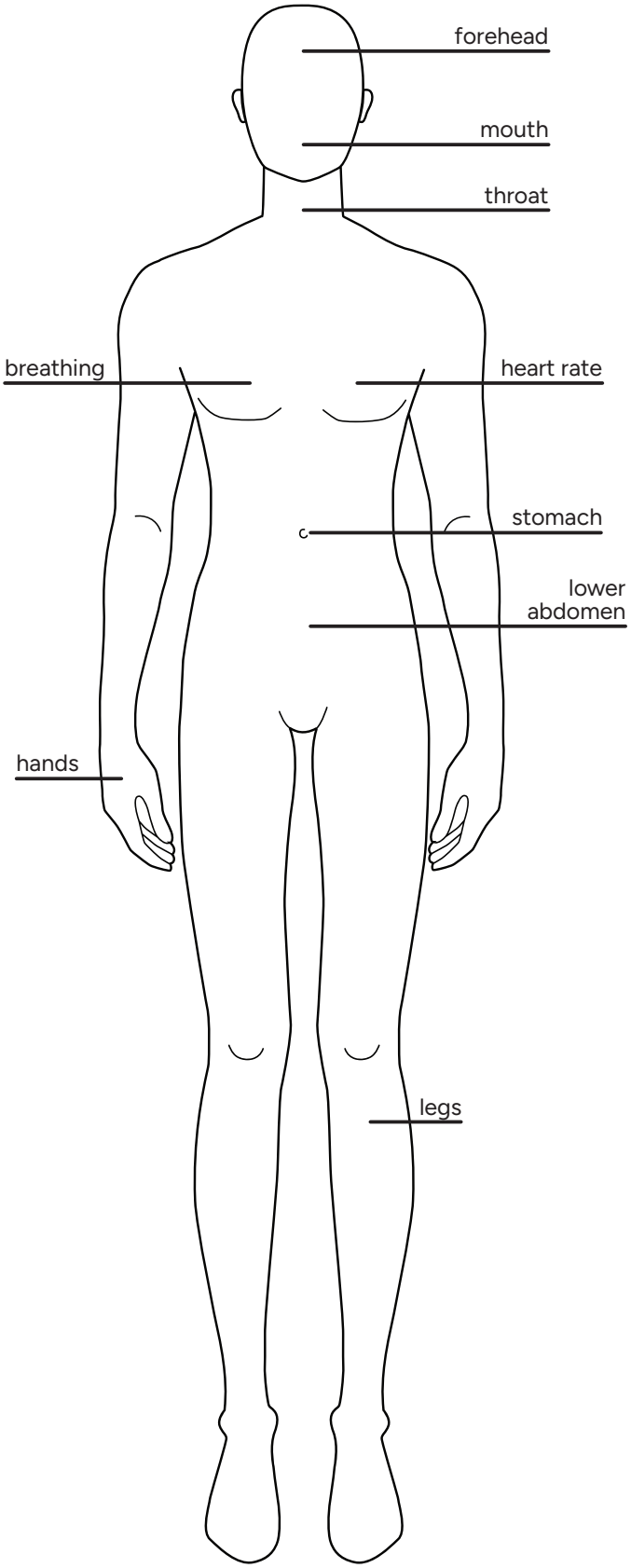
Food, Feelings & Freedom

Think, Feel, Body Connection

When I'm feeling

These are some of my thoughts



* The idea is that you identify the emotion you feel, what thoughts you're having and where you feel body sensations