



## The Head Hunger Journal Coloring Book

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, I've found that understanding my triggers and planning ahead helps me cope. I've 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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