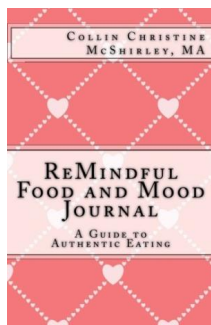


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## REMINDFUL FOOD AND MOOD JOURNAL: A GUIDE TO AUTHENTIC EATING



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