



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

*Ladbroke Grove Press*

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Revised content and now with more room to record your progress! 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 the following: \*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, let the Food, Mood & Health guide you on the most important Happiness Project of them all: YOU!

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