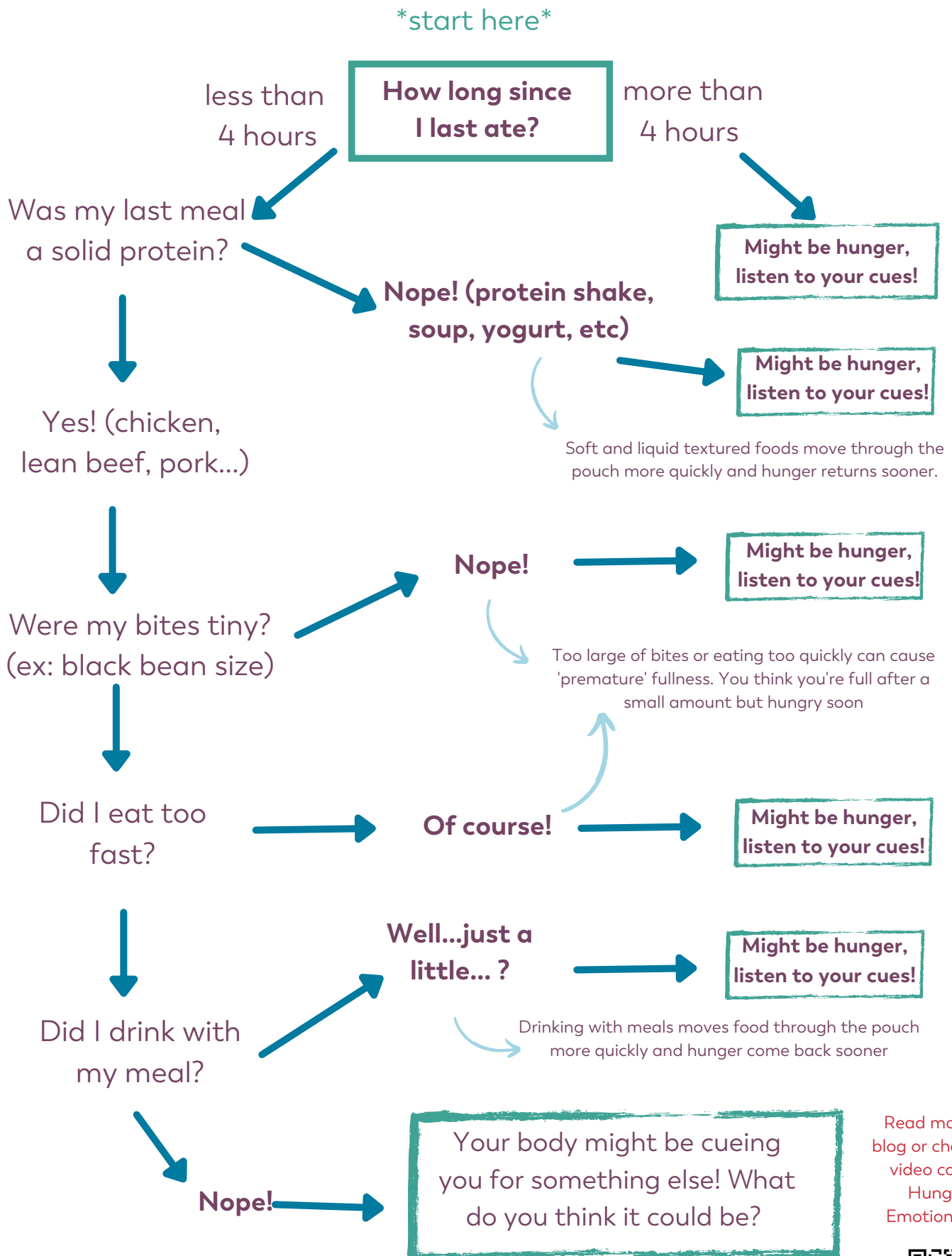


The “Am I Really Hungry?” Flowchart

(AKA Head Hunger versus True Hunger)



Read more on the blog or check out our video courses on Hunger and Emotional Eating

