



# **FOOD AND REAL HUNGER: ARE YOU FAMISHED?: Recognizing JUST where hunger actually comes from.**

*Cheryl Struzer*

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**FOOD AND REAL HUNGER: ARE YOU FAMISHED?: Recognizing JUST where hunger actually comes from.** Cheryl Struzer

A very informative article, about why you think your hungry, your personal history with food, and how you can rearrange your habits and patterns, first with recognition and acknowledgement.



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