A woman with long, wavy brown hair is shown from the chest up, wearing a white t-shirt. She has a thoughtful expression, with her right hand resting against her chin and mouth. The background is a solid dark blue color. A semi-transparent white rectangular box is overlaid at the bottom of the image, containing the text.

**When is emotional eating okay?**

# Eating Is Okay

**DP Hallahan**



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



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