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Karen R. Koenig, LCSW, MEd, is the author of *Outsmarting Overeating: Boost Your Life Skills, End Your Food Problems*, as well as five other

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Koenig, Karen R. is the author of 'Outsmarting Overeating : Boost Your Life Skills, End Your Food Problems', published 2015 under ISBN 9781608683161 and

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