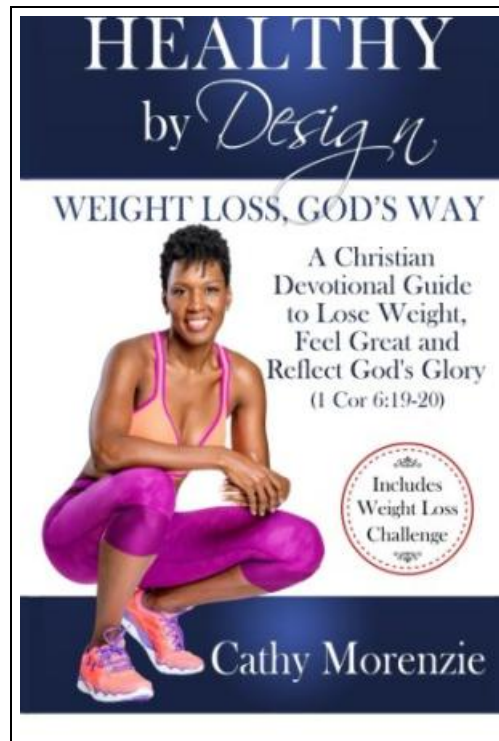


Healthy by Design: Weight Loss, Gods Way: A Christian Devotional Guide to Lose Weight, Feel Great and Reflect Gods Glory (1 Cor 6:19-20) (Volume 1)



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Reviews

The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.

(Bradley Hahn)

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Guiding Light Publishing. Paperback. Condition: New. 76 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. DISCOVER whats been keeping you from weight loss success After almost 30 years of helping thousands of people, just like you, to get in shape, I realized there is a lot more to losing weight than merely diet and workout. While those are essential elements, for many, they only result in the classic yo-yo diet effect, if any effect at all. The causes for this are many but in essence, the reason you cant successful keep weight off is because you are still in spiritual and emotional bondage, that must be identified and broken before any weight loss will become permanent. The type of bondage of which I speak can be emotional eating, a false sense of identity, or a deep seated need to stay the way you are (which you might not even consciously realize). You cannot overcome these obstacles alone! If you could, you wouldnt be here reading this right now. But you are not alone! God can and will help if you bring him into this area of your life. And I too will assist you, if you let me, through this book and our free Facebook group - the Weight Loss, Gods Way Challenge! While the book reveals the blockages that are stopping you and the biblical principles that will set you free, its in the Weight Loss, Gods Way Challenge where the blessings occur as you work with others (and myself!) to put these principles into daily action in your life. We see people achieving amazing success and breakthroughs every month in the group and we look forward to helping you achieve your breakthrough as well. In this Book You will Receive 21 Day Step-by-step Guide to help you understand why you...



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