



Eyes Wide Open Healing Group: Leader Guide (Paperback)

By Living in Truth Ministries

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Emotional eating. It s a rising epidemic. Millions of women find themselves stuck in a cycle of negative thinking and destructive behaviors when it comes to food and body-image. Eyes Wide Open Healing is designed to help women break the chains of food and body-image and discover their true identity. This 10-week Healing Group program coincides with Kimberly Davidson s book Eyes Wide Open. The leader guide provides detailed information and bonus material so that you can effectively lead a group in your own setting. This program focuses on the spiritual and emotional aspects of healing. Through community-based support and individual study our ten-week healing program helps women: * Toss out toxic thoughts * Replace food and body-image lies with biblical truth * Break free from disordered eating * Love themselves for who they are * Discover their true identity * Grow closer to God * Develop authentic relationships with other women * And more! *NOTE: This program is not intended to take the place of medical or psychological care. What Women can Expect: * Weekly meetings (approx. 2 hours) *...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- Crystel Hagenes