



## 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)

By Cathy Morenzie

Guiding Light Publishing. Paperback. Condition: New. 76 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. DISCOVER what's 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 can't successfully 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 wouldn't 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...



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