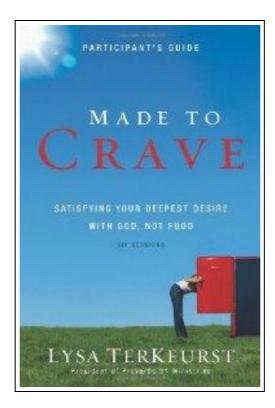
## Made to Crave Participant s Guide: Satisfying Your Deepest Desire with God, Not Food (Paperback)



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## Reviews

The most effective book i at any time read through. It is definitely simplistic but surprises in the fifty percent from the ebook. Your daily life span will probably be enhance once you full reading this ebook. *(Jules Dietrich V)* 

## MADE TO CRAVE PARTICIPANT S GUIDE: SATISFYING YOUR DEEPEST DESIRE WITH GOD, NOT FOOD (PAPERBACK)



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ZONDERVAN, United States, 2011. Paperback. Condition: New. Participant s Guide ed.. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. In this six-session small group Bible study (DVD/digital video sold separately), New York Times bestselling author Lysa TerKeurst helps women understand how cravings for lasting spiritual satisfaction are often mistaken for cravings for food. According to Lysa, craving isn t a bad thing. But the challenge is to realize God created us to crave so we d ultimately desire more of Him in our lives, not more food. Many of us have misplaced that craving, and overindulge in physical pleasures instead of lasting spiritual satisfaction. If you or someone you know is struggling with unhealthy eating habits, Made to Crave will help: Break the I ll start again Monday cycle and start feeling good about yourself today Stop beating yourself up over the numbers on the scale and make peace with the body you ve been given Discover how weight loss struggles aren t a curse but, rather, a blessing in the making Replace justifications that lead to diet failure with empowering go-to scripts that lead to victoryEat healthy without feeling deprived Reach a healthy weight goal while growing closer to God through the process Sessions include: From Deprivation to EmpowermentFrom Desperation to DeterminationFrom Guilt to Peace From Triggers to Truth From Permissible to Beneficial From Consumed to Courageous Bonus session: Moving the Mountain Designed for use with the Made to Crave Video Study (sold separately). When used in together, they provide you with practical tools that can strengthen your faith.

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