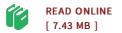




## I Deserve a Donut (and Other Lies That Make You Eat): A Christian Weight Loss Resource

## By Barb Raveling

Truthway Press. Paperback. Book Condition: New. Paperback. 132 pages. Dimensions: 7.9in. x 5.3in. x 0.6in.When youre in a tempting situation, all you can think of is the food. How good it looks. How good it smells. How good it will taste. What you need is a way to break the hold food has on you. I Deserve a Donut will help. It is a hands-on, use-it-in-the-thick-of-the-battle book that will help you renew your mind right when you need it. Its filled with 150 Bible verses, 37 sets of questions, and 20 sets of tipsall specifically chosen to help you take off the lies that make you eat and put on the truth that will set you free. As you renew your mind, youll notice your desires changing. Youll actually want to follow your boundaries. And that will make it easier to say no to the donut. If youd like a companion Bible study to this book, check out Taste for Truth: A 30 Day Weight Loss Bible Study, also by Barb Raveling. Both books can be used alongside any healthy weight loss program. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



## Reviews

Absolutely essential go through ebook. It is actually rally intriguing through looking at time. I realized this ebook from my i and dad advised this publication to understand.

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