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## 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 you're 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. It's filled with 150 Bible verses, 37 sets of questions, and 20 sets of tips all 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, you'll notice your desires changing. You'll actually want to follow your boundaries. And that will make it easier to say no to the donut. If you'd 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.



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