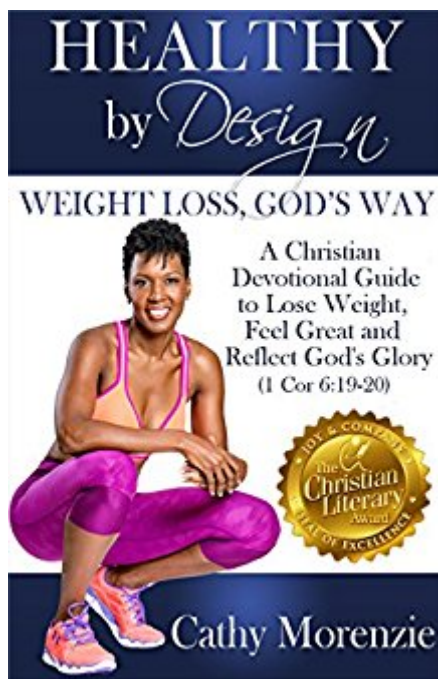


The book was found

Healthy By Design: Weight Loss, God's Way: A Christian Devotional Guide To Lose Weight, Feel Great And Reflect God's Glory (1 Cor 6:19-20) (Biblical)(Weight Loss For Christians)



Synopsis

Winner: Reader's Choice Award 2015 in Health & Wellness - Christian Literary Awards
If God truly cares, when why does food feel like an unending battle that you're fighting alone? You want to believe the next diet will be different but it feels like you're never really going to keep the weight off. Truth is, God deeply cares about every aspect of your being and has created you to be healthy by design. Somewhere along the line you've gotten off-track, without knowing it, so what you know should be easy; feels impossible. This 21 day daily devotional teaches you essential spiritual truths about your weight loss journey in simple, easy to digest, daily readings and exercises. This is not a how-to book, but instead shows you the patterns that have kept you in bondage, and the biblical truths that will set you free. Shifting your perspective and focus so weight loss comes naturally from a place of self-love and Godly devotion instead of endless diets and will-power that lead to despair and self-loathing. Stop fighting the battle, let God be your guide. More than a book, 'Weight Loss, God's Way' includes free admission into the 21 Day Challenge where you can partner with author Cathy Morenzie and hundreds of other women to learn these principals and walk them out together through short daily video messages and access to our private Facebook group.

Book Information

File Size: 920 KB

Print Length: 78 pages

Simultaneous Device Usage: Unlimited

Publisher: Guiding Light Publishing; 4 edition (December 30, 2013)

Publication Date: December 30, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00HJXPQVE

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #67,868 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #82 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Women's Christian Living #83 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality >

Customer Reviews

This book has been such an eye-opener for me! Wow. I'm only part way through but it has already completely changed how I think of weight loss. Coming at it from the basis of faith completely changes how you approach health and diet because it's no longer isolated but instead an integrated part of your life....As it should be.

I bought this on just sheer faith. It is very inspirational in that it encourages you to lose weight and live healthier lives by putting your life in God's hands and trusting Him and His word to help you through this task. Healthy living is not just physical- it is spiritual too. Highly recommended!!

My wife and I started reading and applying the principles of this book just last week. We are working together to achieve our individual goals and have found Cathy's clear and simple support a welcome blessing. People often over complicate issues of health, weight and lifestyle. Cathy takes profound biblical principles and makes them relevant and real. We are both looking forward to simple changes that will create exceptional results for years to come.

I just finished the 21 day challenge and it was a huge blessing to me. I will continue with this program, as needed changes inside me take place so I can release this weight for good. Cathy has a lot of wisdom and grace as she helps people like me overcome by dealing with sabotaging habits...and most of all by making God a priority. She has reminded me that through Him I can do this, and nothing is more important than that. I now feel hopeful...and determined...and victorious. :)

I have been struggling to "even start" a healthy lifestyle change. My health has been going on a downward spiral for the last two years. A co-worker friend who has been following Cathy for a while encouraged me to purchase her book and join the private support group on Facebook. I am so grateful! I am finally realizing that "my way" of attempting to live a healthy lifestyle does not ---and has never worked. God (who has always been my comforter in every other way) has now become my comforter instead of using food for comfort. I feel so much better. I have even started to walk for exercise again! I have a long way to go....but with the daily readings from the book, the encouraging videos from Cathy, the prayers, and the support group, I am on my way!--- I know that I can't fail if I

truly do this "God's Way!" :)

For many years I have had poor eating habits and lacked motivation to exercise. As I am not overweight I guess I thought this was ok. Cathy is an incredible personal trainer and coach and I have been privileged to be one of her clients. She has taught me so much, and helped in so many ways without even knowing it. I downloaded this book because I have set being healthier and fit this year as my goal. I know downloading this book and going through the steps will be life changing. It is a tool for weight loss but also so much more. Cathy's practical knowledge, genuine love, passion and caring backed with scriptures to motivate, support and strengthen me make this a no fail system. Thank you Cathy may God richly bless you always. Love Tracey Miller

For such a small book this is very powerful. I would highly recommend this to anyone who is trying to lose weight or just make healthier habits. This book will get you to looking at losing weight in an entirely different way.

This book is amazing!!!! I have been struggling to lose the last 50 pounds of my journey and I had become very discouraged and had already started to tell myself I couldn't do it...."You all know what I'm talking about, the enemy prowls around like a roaring lion and knows when we are at our weakest"....But I'm so grateful Cathy for this book, I have come away with so much information and encouragement, I love the sharing that we are able to do on Facebook during the challenge. I now have a plan that is realistic, and I know I will be victorious, because my Savior is my strength and my courage. I recommend this book highly.....I'm grateful beyond words...God's blessings to you Cathy and your family.....Anna

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