



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)

(Volume 1)

Cathy Morenzie

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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.

Winner: *Reader's Choice Award 2015* in Health & Wellness - *Christian Literary Awards*



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