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Shedding Pounds God's Way!: Do You Live to Eat or Eat to Live?

By Lupita luna Cook

Trafford Publishing, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Losing weight is one of the hardest things to do for many people. After spending my life with years of defeat, I grew tired of losing at life, being overweight, hating my life as it was, forgetting all the things I should have been thankful for! When you are caught up in a dark place, you tend to forget what you have that is good. Everything seems bad! I was losing the battle, having diabetes to the extreme, high blood pressure, and high cholesterol, a low thyroid-these did not help. I was well over 100 pound overweight. I knew deep within my heart there had to be a solution, an answer to my problem. I needed for someone to rescue me! Not realizing I had the answer and the power inside of me. I established a relationship with Jesus! Through my search, Jesus changed my thinking, making me understand that to have victory is to change my lifestyle. I had to renew my mind, change the way I looked at food and life. I chose life! With...



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