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## **Eat The Cookiebuy Shoes Giving**

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#### Eat the Cookie...Buy the Shoes: Giving Yourself Permission ...

So I would encourage you all to eat the cookie...buy the shoes. Celebrate your life's progresses and forget about those times where we really punish ourselves for not living up to perfection. No wonder we are often discouraged. Joyce Meyer has written a wonderful book, called "eat the cookie...buy the shoes. Giving yourself permission to ...

#### Eat the Cookie... Buy the Shoes: Giving Yourself ...

Eat the CookieBuy the Shoes Giving Yourself Permission to Lighten Up Author: Joyce Meyer Engrained in our culture is the belief that unbending discipline is the only sure way to success.

# Eat the CookieBuy the Shoes Giving Yourself Permission to ...

While the premise of the book, Eat the Cookie...Buy the Shoes is an excellent one and a message I believe many should hear, I wonder how many readers may be put off by the preaching in this novel with the fun, whimsical title, I hope not many.

## Eat the Cookie...Buy the Shoes: Giving Yourself Permission ...

Buy a cheap copy of Eat the Cookie...Buy the Shoes: Giving... book by Joyce Meyer. Engrained in our culture is the belief that unbending discipline is the only sure way to success. You must go to the gym five times a week, never order the dessert,... Free shipping over \$10.

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Not diminishing the importance of discipline, she lets us know that every once in a while it's okay to get off our structured regimen and enjoy a cookie, buy that pair of shoes you've been eyeballing, or even both! Jacketed hardcover. Eat the Cookie . . . Buy the Shoes: Giving Yourself Permission to Lighten Up (9780446538640) by Joyce Meyer

# Eat the Cookie . . . Buy the Shoes: Giving Yourself ...

Get this from a library! Eat the cookie-- buy the shoes : giving yourself permission to lighten up. [Joyce Meyer] -- Meyer argues that breaking from a regimented lifestyle is not a sign of weakness, but rather a sign that balance is a core value in life.

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Get this from a library! Eat the cookie-- buy the shoes : giving yourself permission to lighten up. [Joyce Meyer; Sandra McCollom] -- The author argues that breaking from a regimented lifestyle is not a sign of weakness, but rather a sign that balance is a core value in life.

#### Eat the cookie-- buy the shoes: giving yourself ...

Balance is a core value in life and every once in awhile we deserve to indulge in a guilty pleasure or two. So don't feel bad about straying from your goals every once-in-awhile and in fact, embrace it: eat the cookie and buy the shoes!

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4/4