



## Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food

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By TerKeurst, Lysa

Zondervan. Book Condition: New. 0310671558 BRAND NEW!! MULTIPLE COPIES AVAILABLE. NEW CONDITION!! 100% MONEY BACK GUARANTEE!! BUY WITH CONFIDENCE! WE SHIP DAILY!!EXPEDITED SHIPPING AVAILABLE. According to bestselling author Lysa TerKeurst, craving isn't a bad thing, but we must realize God created us to crave so we'd ultimately desire more of Him in our lives. Many of us have misplaced that craving, overindulging in physical pleasures instead of lasting spiritual satisfaction. For a woman struggling with unhealthy eating habits, Made to Crave will equip her to: \* Break the 'I'll start again Monday cycle' and start feeling good about herself today \* Stop beating herself up over the numbers on the scale and make peace with the body you've been given \* Discover how weight loss struggles aren't a curse but, rather, a blessing in the making \* Replace justifications that lead to diet failure with empowering go-to scripts that lead to victory \* Eat healthy without feeling deprived \* Reach a healthy weight goal while growing closer to God through the process Made to Crave session titles include: Session 1: From Deprivation to Empowerment Session 2: From Desperation to Determination Session 3: From Guilt to Peace Session 4: From Triggers...



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