



Wonderfully Made: Healthy Eating & Abundant Living: 6 Bible Study Sessions for Personal or Small-Group Study

Allie Marie Smith, Judy Wardell Halliday

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Six Bible study sessions for personal or small group study.

Explore healthy eating, and discover your true identity in Christ!

Many girls and women struggle with an unhealthy body image and an unhealthy relationship with food. They're desperate for healing.

We're bombarded with messages about being thin and having a perfect body. We're obsessed with what we put in our mouths and the number on the scale. Our worth seems to be based on outside appearances. We try to control our lives by controlling what we eat—either too much or too little. We feel empty, lifeless, stuck, and desperate for more.

There's hope! You are loved. And you can be healed.

In *Healthy Eating & Abundant Living*, you'll discover how to stop counting calories and start living—living through your relationship with God, not food.

This study gives you:

- **A lifestyle plan**—learn how to be more healthy, fit, and aware, and gain motivation to rise above the strongholds of food and body image.
- **An exploration of Psalm 139**—allow your body, mind, and spirit to be renewed through God.
- **Encouragement**—as you take bold, new steps to work through your own personal struggles and be healed from the inside out.

Become the woman God designed you to be. Your journey starts here.

Lesson 1: You Are Wonderfully Made

Lesson 2: The HEAL Basics

Lesson 3: Healing Your Hunger

Lesson 4: Body Beautiful

Lesson 5: An Aisle of Grace

Lesson 6: Abundant Living

No "leader" is required, just a facilitator who makes sure everyone is included in discussion.

Each woman needs her own copy of this book.

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In this age globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The actual book that recommended for your requirements is Wonderfully Made: Healthy Eating & Abundant Living: 6 Bible Study Sessions for Personal or Small-Group Study this reserve consist a lot of the information on the condition of this world now. This kind of book was represented how do the world has grown up. The

language styles that writer value to explain it is easy to understand. The writer made some research when he makes this book. That is why this book suitable all of you.

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