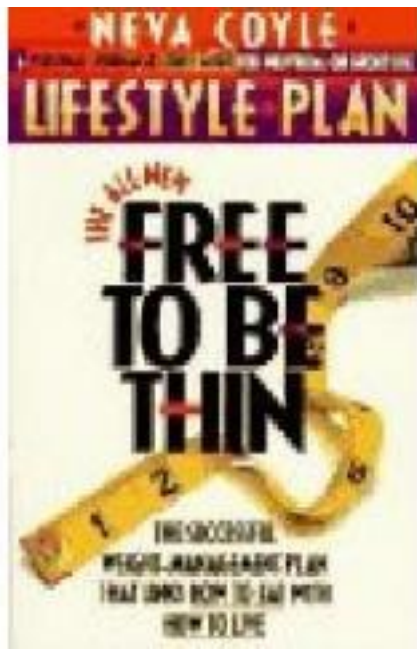


The All-New Free to Be Thin: Lifestyle Plan



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著者:

出版者:

出版时间:

装帧:

isbn:9781556613432

Book Description For fifteen years groups all across the world have gathered together to study and apply the life-changing principles of Free To Be Thin. This biblically based program has helped thousands of men and women find their way to freedom from overeating and food abuse by bringing a lifestyle approach to diet, nutrition, health, and body image. Using The All-New Free To Be Thin book as its text, the Lifestyle Plan is divided into thirteen weeks of study lessons that are developed into a single personal-journal format. It can be used by individuals or in group settings, within churches and informal Bible studies. This new approach builds on the foundation of the original Free To Be Thin, incorporating the related nutrition and metabolism information of recent years. The focus is not on weight loss or body size per se, but on changed habits and attitudes that lead to a deeper relationship with

Jesus Christ. The study materials, group guidelines, and leader's notes draw the best from all the previous Free To Be Thin materials into one handy workbook. A new way of living and eating. About the Author Bestselling author Neva Coyle is also a gifted motivational speaker and teacher, frequently invited to speak at retreats, women's groups, and churches. Her speaking ministry and teaching seminars are greatly enhanced by the availability of her book and tapes. As Founder and Director of Overeaters Victorious and President of Neva Coyle Ministries, Neva introduced revolutionary concepts about dieting and weight maintenance from her early and ongoing research. For over fifteen years, groups across the country and around the world have gathered together to study and apply the powerful principles outlined in her bestseller Free to Be Thin, which she co-authored with Marie Chapian. The book has sold over one million copies, and received the Evangelical Christian Publishers Association's Platinum Book Award. A new, updated edition is entitled The All-New Free To Be Thin and includes current dietary and weight-management information. At the same time, Neva is also a popular fiction writer and her latest books in the SUMMERWIND SERIES are an example of her diverse writing ability. Also well received, have been Neva's DEVOTIONAL DAYBOOKS, with four in a continuing series: Learning To Know God; Making Sense of Pain and Struggle; Meeting the Challenges of Change; and A New Heart, a New Start. These books, presented in attractive yet simple format, meet women when they are with down-to-earth readings, scripture, and heart-searching questions. A graduate of Valley Christian University and Berean School of the Bible, Neva is educated in biblical studies and Christian counseling, and is a credentialed minister with the Assemblies of God. Neva and her husband are the parents four children and they make their home in Southern California. size : 5.3 x 8.3

作者介绍:

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