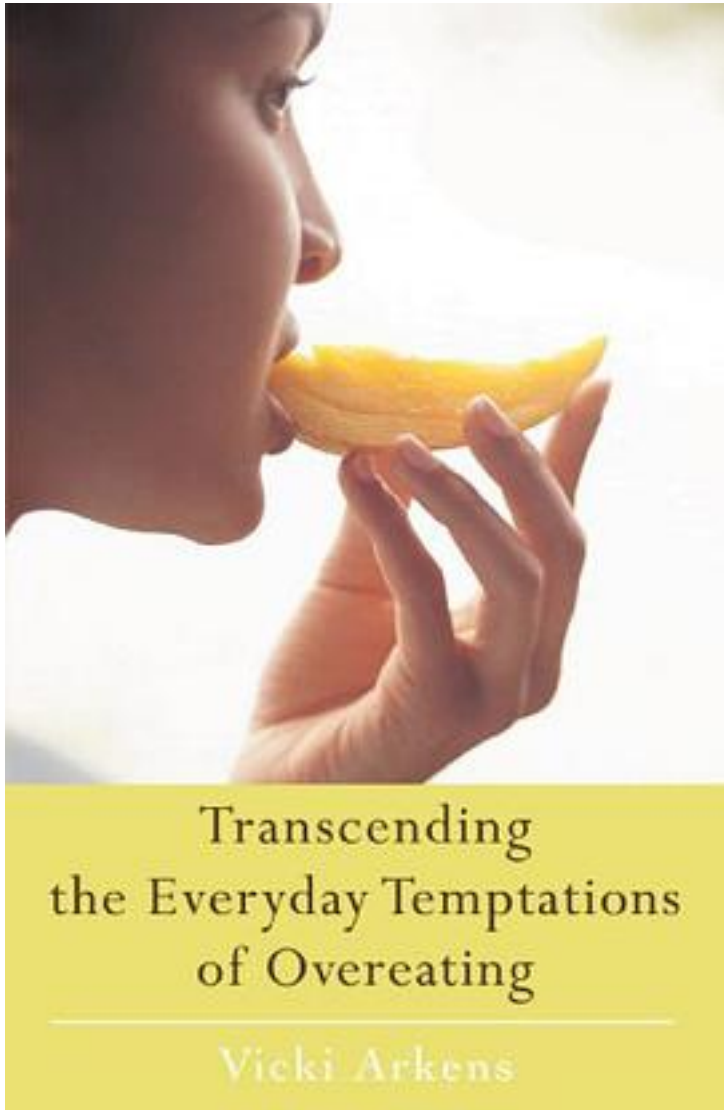


Transcending the Everyday Temptations of Overeating



[Transcending the Everyday Temptations of Overeating_ 下载链接1](#)

著者:Arkens, Vicki

出版者:

出版时间:2007-2

装帧:

isbn:9780595411146

Are you weary of the never-ending battle with overeating? Is your willpower weakening with each new diet you try? In the innovative self-help guide "Transcending the Everyday Temptations of Overeating" author Vicki Arkens details how to conquer this problem using four spiritual practices and four simple habits for normal eating. Learn how four enduring, spiritual practices can help you rise above the temptation to overeat and assist you in your goals for healthy living. These God-centered practices will appeal to people of many faiths while drawing inspiration from the ancient books of Psalms and Proverbs. Discover the Four Habits for Normal Eating-a new, realistic plan to help you put an end to overindulgence. As you follow the plan, food cravings diminish and consumption naturally decreases. These habits provide clarity and simplicity to your daily eating decisions, allowing you to shift your attention from dietary distractions to the greater purposes of life. "Sincerity is all you need to begin. Be willing to open yourself to the trustworthy love of God. The divine presence will restore you to wholeness and unveil a beautiful world of unimagined possibilities."

作者介绍:

目录:

[Transcending the Everyday Temptations of Overeating_ 下载链接1](#)

标签

评论

[Transcending the Everyday Temptations of Overeating_ 下载链接1](#)

书评

[Transcending the Everyday Temptations of Overeating_下载链接1](#)