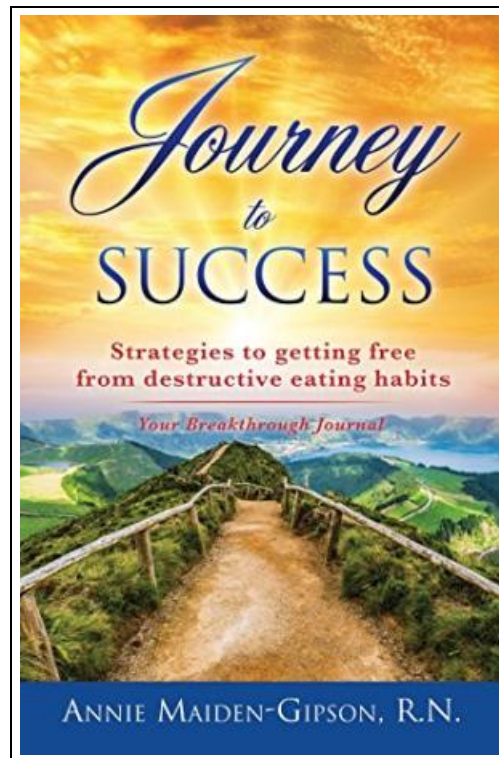


Journey to Success



Filesize: 1.94 MB

Reviews

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Missouri Satterfield DVM)

JOURNEY TO SUCCESS



Xulon Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Journey to Success: Strategies to getting free from destructive eating habits is a weekly journal series which focuses on aiding readers in combating their battles with food and breaking free from their habits through the strategies of exercise, healthy eating, and most of all, surrendering their struggles to God. The hope of the author is that readers will see God is greater than their food addictions, and He can make possible healthier lifestyles when they cannot do so in their own strength. Each week s message will allow readers to not be overwhelmed by their lifestyle change process and be more willing to continue over any stumbles. This book help readers to understand that food struggles can also mean struggling with God over control of their lives. It is the author s hope that readers will see that giving over their issues with food to God is not a weakness, but actually strength being cultivated. Annie Maiden-Gipson is a healthcare professional with an extensive background in nursing. Today she is speaker, author, CEO and owner of Nutrition with Annie, a Christian based health and wellness nutritional coaching program designed for individuals and groups with a desire to overcome food addiction, obesity and obesity related illness. Annie created Nutrition with Annie out of her own struggles with food addiction and her passion to see others set free. Annie has developed a Redesign Your Image Plan which is a 6 weeks plan for health eating. The plan is designed to take you on a personal journey working from the inside out. Annie is also the author of an EBook, More Than a Conqueror: Regaining your willpower over food. You...



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