



Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits

By Elyse Fitzpatrick

Harvest House Publishers, U.S. Paperback. Book Condition: new. BRAND NEW, Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits, Elyse Fitzpatrick, More than 80 percent of all Americans have been on a diet at some point in their lives. Low fat, low carb, high protein - you name it - they've tried it. Isn't there a better way to break the cycle in the battle of the bulge? After years of futile dieting, readers know there's more to weight control than what they eat. Having discovered the power that food has over their lives, counselor Elyse Fitzpatrick, author of "Overcoming Fear, Worry, and Anxiety", helps them: identify destructive eating habits; break the vicious cycle of emotional eating; and, develop a flexible plan suited to unique situations. God knows everything about us, where we've been and where we're going. Because He knows us so well, He can deeply transform us, giving us the contentment we long for.



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