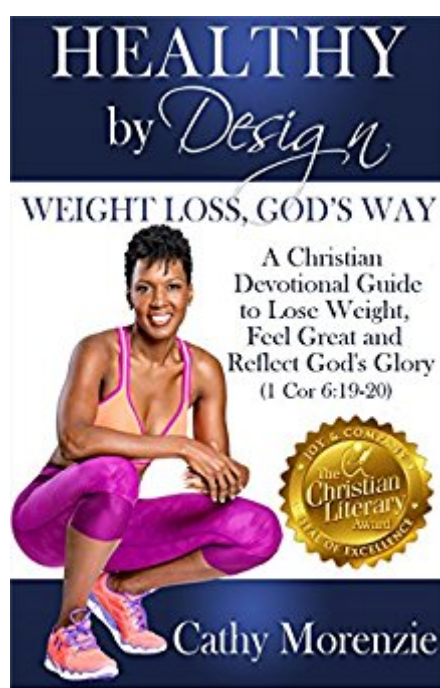


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# Healthy By Design: Weight Loss, God's Way: A Christian Devotional Guide To Lose Weight, Feel Great And Reflect God's Glory (1 Cor 6:19-20) (Biblical)(Weight Loss For Christians)



## Synopsis

Winner: Reader's Choice Award 2015 in Health & Wellness - Christian Literary Awards  
If God truly cares, when why does food feel like an unending battle that you're fighting alone? You want to believe the next diet will be different but it feels like you're never really going to keep the weight off. Truth is, God deeply cares about every aspect of your being and has created you to be healthy by design. Somewhere along the line you've gotten off-track, without knowing it, so what you know should be easy; feels impossible. This 21 day daily devotional teaches you essential spiritual truths about your weight loss journey in simple, easy to digest, daily readings and exercises. This is not a how-to book, but instead shows you the patterns that have kept you in bondage, and the biblical truths that will set you free. Shifting your perspective and focus so weight loss comes naturally from a place of self-love and Godly devotion instead of endless diets and will-power that lead to despair and self-loathing. Stop fighting the battle, let God be your guide. More than a book, 'Weight Loss, God's Way' includes free admission into the 21 Day Challenge where you can partner with author Cathy Morenzie and hundreds of other women to learn these principals and walk them out together through short daily video messages and access to our private Facebook group.

## Book Information

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## Customer Reviews

This book has been such an eye-opener for me! Wow. I'm only part way through but it has already completely changed how I think of weight loss. Coming at it from the basis of faith completely changes how you approach health and diet because it's no longer isolated but instead an integrated part of your life....As it should be.

I bought this on just sheer faith. It is very inspirational in that it encourages you to lose weight and live healthier lives by putting your life in God's hands and trusting Him and His word to help you through this task. Healthy living is not just physical- it is spiritual too. Highly recommended!!

My wife and I started reading and applying the principles of this book just last week. We are working together to achieve our individual goals and have found Cathy's clear and simple support a welcome blessing. People often over complicate issues of health, weight and lifestyle. Cathy takes profound biblical principles and makes them relevant and real. We are both looking forward to simple changes that will create exceptional results for years to come.

I just finished the 21 day challenge and it was a huge blessing to me. I will continue with this program, as needed changes inside me take place so I can release this weight for good. Cathy has a lot of wisdom and grace as she helps people like me overcome by dealing with sabotaging habits...and most of all by making God a priority. She has reminded me that through Him I can do this, and nothing is more important than that. I now feel hopeful...and determined...and victorious. :)

I have been struggling to "even start" a healthy lifestyle change. My health has been going on a downward spiral for the last two years. A co-worker friend who has been following Cathy for a while encouraged me to purchase her book and join the private support group on Facebook. I am so grateful! I am finally realizing that "my way" of attempting to live a healthy lifestyle does not ---and has never worked. God (who has always been my comforter in every other way) has now become my comforter instead of using food for comfort. I feel so much better. I have even started to walk for exercise again! I have a long way to go....but with the daily readings from the book, the encouraging videos from Cathy, the prayers, and the support group, I am on my way!--- I know that I can't fail if I

truly do this "God's Way!" :)

For many years I have had poor eating habits and lacked motivation to exercise. As I am not overweight I guess I thought this was ok. Cathy is an incredible personal trainer and coach and I have been privileged to be one of her clients. She has taught me so much, and helped in so many ways without even knowing it. I downloaded this book because because I have set being healthier and fit this year as my goal. I know downloading this book and going through the steps will be life changing. It is a tool for weight loss but also so much more. Cathy's practical knowledge, genuine love, passion and caring backed with scriptures to motivate, support and strengthen me make this a no fail system. Thank you Cathy may God richly bless you always. Love Tracey Miller

For such a small book this is very powerful. I would highly recommend this to anyone who is trying to lose weight or just make healthier habits. This book will get you to looking at losing weight in an entirely different way.

This book is amazing!!!! I have been struggling to lose the last 50 pounds of my journey and I had become very discouraged and had already started to tell myself I couldn't do it...."You all know what I'm talking about, the enemy prowls around like a roaring lion and knows when we are at our weakest"....But I'm so grateful Cathy for this book, I have come away with so much information and encouragement, I love the sharing that we are able to do on Facebook during the challenge. I now have a plan that is realistic, and I know I will be victorious, because my Savior is my strength and my courage. I recommend this book highly.....I'm grateful beyond words...God's blessings to you Cathy and your family.....Anna

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list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Flat Belly: Dash Diet Weight Loss Action: Lose Weight The Natural Way & Lower Blood Pressure On A Healthy Lifestyle (Flat Belly, Dash Diet Weight Loss ... Diet for Weightloss, Dash Diet Cookbook) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Hope of Glory - A Devotional Guide for Older Adults The Temple and the Church's Mission: A Biblical Theology of the Dwelling Place of God (New Studies in Biblical Theology) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia)

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