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By R N Annie Maiden-Gipson

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...



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