

Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food

By Lysa TerKeurst

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Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food By Lysa TerKeurst

According to bestselling author Lysa TerKeurst, craving isn't a bad thing, but we must realize God created us to crave so we'd ultimately desire more of Him in our lives. Many of us have misplaced that craving, overindulging in physical pleasures instead of lasting spiritual satisfaction.

For a woman struggling with unhealthy eating habits, *Made to Crave* will equip her to:

- * Break the 'I'll start again Monday cycle' and start feeling good about herself today
- * Stop beating herself up over the numbers on the scale and make peace with the body you've been given
- * Discover how weight loss struggles aren't a curse but, rather, a blessing in the making
- * Replace justifications that lead to diet failure with empowering go-to scripts that lead to victory
- * Eat healthy without feeling deprived
- * Reach a healthy weight goal while growing closer to God through the process

Made to Crave session titles include:

Session 1: From Deprivation to Empowerment

Session 2: From Desperation to Determination

Session 3: From Guilt to Peace

Session 4: From Triggers to Truth

Session 5: From Permissible to Beneficial

Session 6: From Consumed to Courageous

Bonus Session: *Moving the Mountain*, The *Made to Crave* Participant's Guide is designed for use with the *Made to Crave* DVD.

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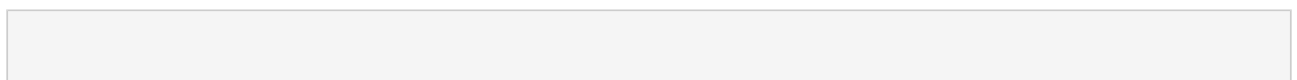
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Editorial Review

From the Back Cover

In this six-session video study, Lysa TerKeurst helps women discover the missing link between a woman's desire to be healthy and the spiritual empowerment necessary to make that happen. The reality is, we were made to crave. Craving isn't a bad thing. But we must realize God created us to crave so we'd ultimately always desire more of Him in our lives. Many of us have misplaced that craving towards overindulging in physical pleasures instead of lasting spiritual satisfaction. For a woman struggling with unhealthy eating habits, *Made to Crave* will equip her to: *Break the 'I'll start again Monday cycle' and start feeling good about herself today *Stop beating herself up over the numbers on the scale and make peace with the body you've been given *Discover how your weight loss struggle isn't a curse but rather a blessing in the making *Replace justifications that lead to diet failure with empowering Go-to Scriptures that lead to victory. *Eat healthy without feeling deprived * Reach your healthy weight goal while growing closer to God through the process.

About the Author

Lysa TerKeurst is president of Proverbs 31 Ministries and the *New York Times* bestselling author of *Uninvited* and *The Best Yes*. She writes from her sticky farm table and lives with her family in North Carolina. Connect with her at www.LysaTerKeurst.com.

Users Review

From reader reviews:

Wayne Ross:

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Heather Snyder:

Precisely why? Because this *Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food* is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will surprise you with the secret the idea inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of gains than the other book get such as help improving your ability and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the guide store hurriedly.

Jackson Cabrera:

This Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food is great publication for you because the content that is certainly full of information for you who always deal with world and still have to make decision every minute. This specific book reveal it details accurately using great arrange word or we can claim no rambling sentences in it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but tricky core information with beautiful delivering sentences. Having Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food in your hand like keeping the world in your arm, information in it is not ridiculous one. We can say that no publication that offer you world with ten or fifteen moment right but this e-book already do that. So , this is good reading book. Heya Mr. and Mrs. stressful do you still doubt in which?

Sharon Hite:

With this era which is the greater particular person or who has ability in doing something more are more important than other. Do you want to become among it? It is just simple method to have that. What you have to do is just spending your time very little but quite enough to experience a look at some books. One of the books in the top collection in your reading list is usually Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food. This book which can be qualified as The Hungry Slopes can get you closer in becoming precious person. By looking right up and review this guide you can get many advantages.

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