



Freedom from Emotional Eating: A Weight Loss Bible Study (Second Edition)

Barb Raveling

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This 8-week Bible study contains 40 daily lessons that will help you 1) break free from the stronghold of emotional eating and 2) let go of those negative emotions that rob your joy. Paul tells us in 2 Corinthians 10:3-5 that the answer to tearing down a stronghold isn't self-control - it's truth. Freedom from Emotional Eating will help you take off the lies that make you overeat and put on the truth that will set you free from the control of food. First edition - published July 2008 Second edition - published April 2014

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