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Made to Crave Satisfying Your Deepest Desire with God, Not Food

By Lysa TerKeurst

Zondervan on Brilliance Audio. No binding. Book Condition: New. MP3 CD. Dimensions: 6.7in. x 5.3in. x 0.4in. Craving isn't a bad thing. Has food become more about frustration than fulfillment? Made to Crave is the missing link between a woman's desire to be healthy and the spiritual empowerment necessary to make that happen. Author Lysa TerKeurst personally understands the battle that women face. In Made to Crave, she will help you: Break the cycle of ill start again on Monday, and feel good about yourself today. Stop agonizing over numbers on the scale and make peace with your body. Replace rationalizations that lead to failure with wisdom that leads to victory. Reach your healthy goals and grow closer to God through the process. This book is not a how-to manual or the latest, greatest dieting plan. Made to Crave is a helpful companion to use alongside whatever healthy eating approach you choose an audiobook and Bible study to help you find the way to in how to make healthy lifestyle changes. Lysa has struck a cord that will resonate with women everywhere. Very simply, we were made to crave . . . and that craving must be met by God alone....

Reviews

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