

## Spiritual Secrets To Weight Loss

[#spiritual weight loss #weight loss secrets #holistic weight management #mind-body connection weight loss #meditation for weight reduction](#)

Uncover the transformative power of spiritual practices and inner peace on your weight loss journey. This guide reveals unique secrets, holistic strategies, and the mind-body connection to help you achieve sustainable health and well-being.

Our commitment to free knowledge ensures that everyone can learn without limits.

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### Spiritual Secrets To Weight Loss

The easy-to-use 50-day format of "Spiritual Secrets to Weight Loss" emphasizes both the physical and spiritual aspects of weight loss and encourages positive health habits and long-term lifestyle changes.

### Spiritual Secrets to Weight Loss

The incidence of obesity in America is on the rise! Dr. Kara Davis is a physician and a pastor's wife who knows that spiritual issues can cause problems of epidemic proportions. The book explores the nine fruit of the Spirit and how a lack of spiritual growth in any of these nine areas can lead to obesity or roadblock any attempt of weight loss.

### Spiritual Secrets to Weight Loss

The Lord has heard our cries for help in the area of weight loss and given us a Word based, Holy Spirit empowered strategy to defeat this tactic of the enemy once and for all! In this book author Peggy Lee shares powerful revelation that will transform you into the lean, strong and healthy Believer in Christ you were destined to be!

### The Freedom to EAT

What secrets do you have? If you struggle with your weight, your relationship with food, body image, self-criticism, doubt, fear, shame, self-loathing, and any number of other issues, I would venture to guess that you struggle in secret. The secrets to lasting weight loss and inner peace are hidden from you. You are too wrapped up in your present preoccupation to see them. If you are carrying a lot of emotional and spiritual weight, this weight can be much heavier than physical pounds reflected on a scale. Within these pages you will find relief. More importantly, you'll find the invitation to true freedom. Break the bonds of self-imposed limitations. Discover what is holding you back from becoming the unique and powerful person you were created to be. Give yourself permission to play again and to pursue the dreams you may have buried deep inside of you. By putting these secrets into practice, you will experience a lighter body, mind, and spirit. You will find lasting weight loss and inner peace.

### Holy Eating

Imagine achieving your ideal weight and not regaining! Imagine growing spiritually while transforming your body! Imagine connecting with God each time you eat! Imagine Holy Eating making this process joyful! Imagine achieving your optimal weight and not regaining. Imagine growing spiritually while transforming your body. Imagine connecting with God each time you eat. In Holy Eating: The Spiritual Secret to Eternal Weight Loss, author Dr. Robert M. Schwartz offers a powerful guide for

transforming both your physical and spiritual selves. He presents practical strategies, applying wisdom from the Bible and spiritual practices from the Kabbalah to the universal struggle for weight loss. Holy Eating captures a simple, but unique message: God cares about how you eat and wants you to be holy, healthy, and trim. This guide will help you understand and internalize the concept of holy eating so it comes alive with spiritual force. Schwartz leads you through practical steps toward experiencing the ultimate pleasures of holy eating with its benefits of reduced shame and improved fitness, beauty, and health. Holy Eating is a "God-help book" because it relies less on self-focused motivation than on drawing strength and guidance from God. In the battle against obesity, personal power alone is not strong enough for most people to achieve lasting victory, but spiritual inspiration and practices can yield lifelong weight transformation. Praise for Healthy Eating "Holy Eating is a unique approach that involves an overall shift towards a more spiritual life. Taken seriously, this method can yield not only sustained weight control, but also a happier and more purposeful life."—Rabbi Abraham Twerski, MD, Author of more than sixty books on spirituality and self-improvement

### A Course In Weight Loss

If you are plagued by compulsive patterns of unwise eating, then this book is for you. In A Course in Weight Loss, best-selling author Marianne Williamson addresses the causal root of your weight-loss issues: a place within you where you have subconsciously forgotten your divine perfection. This forgetfulness has confused not only your mind but also your body, making you reach for that which cannot sustain you . . . and reject that which does. As your mind reclaims its spiritual intelligence, your body reclaims its natural intelligence as well. The 21 lessons in this book take you on a deep, sacred journey. One step at a time, you learn to shift your relationship with yourself—and your body—from one of fear to one of love. And you will begin to integrate the various parts of yourself—mind, body, and spirit—to become, once again, and in all ways, the beautiful and peaceful person you were created to be.

### Holy Eating

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### The Spiritual Path to Weight Loss

"[The author's] revolutionary ideas about body image, motivation, personality patterning, spiritual enlightenment, and the whole-person approach to successful weight loss completely change the rules of the dieting game. Relating Biblical stories to everyday weight challenges and sharing the first-person experiences of his clients ... Jantz weaves an inspirational work, proving that faith can truly move the mountains that stand between you and your weight-loss goals"--Publisher web site

### Spiritual Secrets to a Healthy Heart

Keeping Your Heart Healthy Takes More Than Just Diet and Exercise Heart disease is the number-one killer in America today, and although you can find an abundance of advice on heart health, much of it is incomplete. The truth is, your physical health is inextricably linked with your spiritual, mental, and

emotional health—and you can't fully heal one area without addressing the others. In *Spiritual Secrets to a Healthy Heart*, Kara Davis, MD, combines the most current medical research with biblical principles and practical health tools to give you everything you need to keep you—and your heart—healthy.

### Spiritual Weight Loss

Are you embarrassed about your weight? If you're sick and tired of weight loss gimmicks, pills, and diets then you've GOT TO SEE THIS! Are you "DONE" trying to avoid the pink pong effect of your weight going up and down and are you tired of all the weight loss muckity muck that's out there on the market? Then this will be the most important message that you have ever read! Why? Read on. What I do know, is that - if you don't get down to the brass tacks of why you are overweight, the weight will return and then some. What I offer you here is clear and concise. You will become the MASTER of your weight by learning the secrets locked away in your subconscious mind. secrets that Hypnotherapists use - that you can use yourself - at your own pace and - save hundreds of dollars in therapy fees. I'll help you discover the hidden power inside you that can solidify your desire to lose weight. You will get to the root cause of why you have excess weight You will get to the root cause of why you've had trouble in the past with weight loss.

### Weight! A Better Way to Lose

(3rd edition) With over 100,000 copies in print, this classic work on weight loss is now helping a new generation discover self-control and spiritual direction in the battle of the bulge. Encouraging and helpful reading.

### Hidden Secrets of Yogic Diet for Weight Loss

Don't we all love to eat the tastiest of dishes to our heart's content? Yet, each one of us would love to look attractive and remain fit, trim and slim, wouldn't we? Eating may be a great passion but it is as important, if not more, to fight the bulge. Most of us do not realise the need to eat healthy and stay fit until it is too late. The good news is that it's never too late to get started on a healthy beginning. When we understand our body clock and learn correct eating techniques depending on our individual body type - our own 'prakriti' - our body is able to assimilate it better so as to get maximum nutrition from it. In this way, we can also maintain a good shape and figure. *Hidden Secrets of Yogic Diet for Weight Loss* presents a truly unique way to achieve and maintain your weight loss forever. You will learn various ways to keep losing weight through every morsel of food you eat. Additionally, you will also learn how to flush out toxins from your body and cleanse it in a holistic way. You will also find renewed energy to tackle all the excessive weight accumulated over the years. You owe a change into your own outlook towards food, health, weight and energy and this book will help you get a spiritual insight to make a beginning.

### Craving Hope

Countless books are published each year with the latest advice and hottest tips on how to lose weight, but few of them focus on the steadfast anchor of faith and its role in weight loss. Joni Woelfel offers her book *Craving Hope* as a resource of support and strength during the weight loss process. Consisting of 90 reflections, each containing an opening quote, daily progress notes, a reflection question, inspirational statement, brief prayer, and daily affirmation to repeat throughout the day, *Craving Hope* is designed to be used in conjunction with a trustworthy weight loss program. While this book can be used successfully by individuals, research has shown that trying a weight loss program with a friend or small group is typically more successful, and the workbook pages with discussion questions make *Craving Hope* ideal for groups.

### Love Yourself Thin

Moran has discovered consistent positive self-esteem with her "Love-Based Diet"--based on the principles of a 12-step program. This program reveals how physical, emotional, and spiritual aspects of one's life can be employed to help her or him stop being a problem, binge, or compulsive eater. Moran also tells readers where to find delight in their lives and how to stop obsessing about food so they can stop using it as a drug. Reprint.

### Skinny Life

For weight-loss, life-long health, spiritual well-being, it's not enough just to change what you do, says Crystal Hansen. Crazy as it may sound, she insists, the first thing you must change to guarantee results is what you believe!

### Daily Word for Weight Loss

An inspirational and reassuring guide, filled with daily support for losing weight, provides meditations and affirmations, personal weight-loss stories, effective tips and techniques for losing weight, scripture verses, and journal pages for recording personal progress. 20,000 first printing.

### The Joy of Weight Loss

The author who lost 160 pounds and has kept it off for ten years "counsels enjoyable eating and taking pleasure in the process of losing weight."

### Thinking Thin Through Spiritual and Mental Steps

This is not just another diet book. Nutritional knowledge and portion control are absolutely necessary for lifelong weight management and maintenance. However, if portion control were the total answer, our current obesity epidemic would have been solved a long time ago. One can see the obesity epidemic as a natural response to the crazy stresses and over-frenzied pace of our current lifestyles. The over-consumption of food has become the answer for millions of people who are seeking satisfaction and not finding it in their everyday existence. Here you'll come to understand the importance of mental outlook and attitude on weight loss, improved health and the overall well-being of your body. The information shared within has come the author's own personal experience with weight loss and 25 years of experience as a psychotherapist. As humans, we are mind/body beings. We create through the efforts of our bodies and the use of our minds. We are taught that when we decide to lose weight and begin a weight loss program, we must change our eating habits and/or change our exercise habits, yet few people learn to focus on changing their mental habits as well. An essential aspect of achieving lasting weight loss is the mental/spiritual work that needs to be included in any successful weight reduction program. Thinking Thin through Spiritual and Mental Steps has been designed as a workbook - it's "A Companion Guide to Help You Succeed on Your Journey to Healthy and Permanent Weight Loss." Each chapter includes exercises and worksheets that will add depth and understanding to the material presented. Completing them can make losing weight and maintaining that weight loss a more joyful experience. No matter what diet or exercise program you are currently following this guidebook is designed to help you enhance your self-esteem and body image. This book will take you step by step through the process necessary to feel good now and throughout the journey to your own perfect weight. You will come to truly understand and benefit from the knowledge that as you Change Your Thinking, you will Change Your Weight and Health!

### How to Heal Your Weight

"The global epidemic of obesity and lifestyle diseases is a red herring. The real epidemic facing the human species is disconnection, isolation, despair, and loneliness through separation from our spiritual selves." Tamara Pitelen Would you like to finally get to the bottom of your struggle with your weight? Are you open to the possibility that the 'advice' you got to 'just eat less and exercise more' is catastrophically missing the point? Are you ready to escape from diet prison and break the dieting cycle of self-blame, self-shame, self-punishment, deprivation and general misery that comes with it? Not to mention failure to lose weight. For about 200,000 years or so, our ancestors managed to effortlessly maintain a normal weight without diet shakes, low fat muesli, calorie counting apps, Fitbits, or treadmills. We're the only species on the planet that has lost the ability to automatically regulate our body weight. Our ancestors honoured the rhythms and cycles of nature and lived in harmony with the natural world but we've lost our way and it's showing up as global epidemics of obesity, diabetes, mental illness, environmental destruction and climate crisis. Author and journalist Tamara Pitelen was stuck on the miserable dieting hamster wheel for decades. She doesn't want you also wasting years of your life believing the calorie counting nonsense of the diet industry. Diets not only do not work--they are a sure-fire way to get fatter, sicker and crazy obsessive. The secret is that, to change your body, you must first change your mind. How To Heal Your Weight offers a 16-step mind, body, spirit approach to fat freedom using techniques like EFT Tapping, journaling and meditation. If you're ready to discover and release the spiritual, emotional, physical, and mental reasons for your excess weight, this book will show you the way. It's time to stop beating yourself with the self-shame whip of the dieting industry and heal the scars

its left on your body and soul. Your body is not the enemy and staying locked in this battle with your bulge only makes the bulge bigger. This battle also distracts you from understanding the real reasons the weight is showing up on your body. Reasons that have nothing to do with calories and everything to do with love and connection. The way out of this mess is reconnection at all levels. It starts with you. Befriending your body, reclaiming your spirituality, and uprooting all the subconscious reasons why your body-brain sees the excess weight as beneficial. From there, you build a new relationship with food, with your body, with the planet... and your physical body reflects this new, lighter mindset by releasing excess body fat.

## WITHIN

"This is the book that everyone plagued with extra pounds has been waiting for."--Richard Carlson, author of *Don't Sweat the Small Stuff* "Fit from Within will provide you with everything you need to know to start living fully and stop dieting. What a relief!" --Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom* "Fit from Within is a down-to-earth, nononsense guide to nutrition, weight management, and health. Forget the hype and use what works, with Victoria Moran as your guide."--Larry Dossey, M.D., author of *Healing Beyond the Body*, *Reinventing Medicine*, and *Healing Words* With more than 50 percent of Americans overweight, it's clear that the secret to ending the struggle with food, weight, and body image isn't in the latest diet or fad. Through personal experience, Victoria Moran has found that maintaining weight loss is more about honesty and courage than counting carbs. With *Fit from Within*, she presents a body-mind-spirit approach to losing weight, showing how to find self-acceptance and break the blame cycle that surrounds "forbidden foods." With compassion and humor, Moran will help readers stop watching their weight--and start living their lives.

## Fit From Within

If you have struggled on your weight loss journey, this certainly won't be your first diet book, but it may very well be your last! Discover how you, too, can lose a significant amount of weight using the Scripture method that Ben Sley used to safely lose 50 lbs in 6 months. Ben taught a Bible lesson on the Book of Joshua in which both Joshua and Moses were posthumously referred to as a "Servant of the Lord." Ben thought this was a fitting epitaph and felt challenged to have the same thing said of him, and, thus, began his weight loss journey. Can you imagine yourself being fit and trim at your desired weight, once and for all? Do you feel a sense of urgency in finally losing weight and keeping it off for good? If not now, when? Do you want to lose weight Without taking any pills or supplements? Without having to attend weekly meetings? Without the need for special diet foods? Without having to count calories? Without having to write down everything you eat? Without having to purchase any special equipment (except a good pair of walking or jogging shoes)? Without having to give up any of your favorite foods? If so, this book is for you! In this instructive book, you will learn the secret to effective and lasting weight loss through claiming the Power of the Word of God. You will learn that in Christ, you are a "New Creation" and that with Christ, you can do all things which strengthen your walk. By application of the Bible's wisdom, you will safely reach your desired weight as you renovate your "Temple of the Holy Spirit" with your new, slimmer, fit body! This is not a diet book, per se, but rather a practical instruction guide using God's Word. You can do it, too!! The battle is His and victory is assured!

## Christian Weight Loss

Madam Oracle's InnerHealing is a Do-It-Yourself wellness plan for the mind, body, soul, and spirit that really works! Why does it work better than any other diet on the market? I am so glad you asked.....Madam Oracle's InnerHealing does not proclaim to be better than any other diet-this plan is designed to change the way you think mentally, physically, emotionally, and spiritually about oneself. This is not just an ordinary diet plan; it's a Spiritual Weight Management Plan that leaves a Trail of extraordinary Wisdom that will have an impact on every area of your life. It is the "Blow Your Mind" precepts that set this plan apart from what you are accustomed to. Weight management is not just about the size of our body or what we weigh on the scale. It is about managing our weighed down soul, our weighed down spirit, our weighed down mind, our weighed down emotions....our weighed down anything. Whenever we are weighed down from within, it will be reflected outwardly through obesity, sicknesses, diseases, and addictions. Madam Oracle's InnerHealing offers you a better way of maintaining your weight without starving, bingeing, or purging. The ultimate goal of this plan is to help individuals utilize straightforward weight loss tips that slice through the perplexities of losing weight and keeping it off. It also cuts down to the core, opening up the real issues of life because I firmly believe

"except the Lord builds a house they labor in vain who build it." Psalm 127:1. Therefore, this plan has been strategically designed to help individuals think their way into success with a "Plan of Action" that is written in their own words-it is basically the Do-it-Yourself Guide to a successful, healthy lifestyle. My reasonable service is to help individuals to become crystal clear about what they want in and out of life, to ensure that they do not deviate from their Plan of Action at the first sign of uncertainty. I firmly believe that when an individual is able to pull the inner strength from the depth of their soul, align them with the elements of what's around them, and follow the Trail of Wisdom that is in front of them-they will find Destiny. I welcome you to Madam Oracle's InnerHealing that will change your life forever. Guaranteed!

### Madam Oracle's InnerHealing

Are you ready to finally lose weight - without invasive surgery, fad diets or 'magic pills'? Do you ever feel like you can't burn fat - no matter what you do? Would you like to unlock the secrets of intermittent fasting, where you can eat whatever you want, burn fat and still build muscle? If you've ever struggled with weight loss, you're not alone... The truth is, weight loss isn't as easy as everyone makes out. And it's important to remember that this is not your fault! But your weight will not change itself...you must take action. And that's how "Intermittent Fasting Mastery" will empower you. Here's what you'll learn: The Untold Secrets Of Intermittent Fasting Mastery Scientifically Proven Shortcuts For Maximum Weight Loss Results How To Banish Your Cravings & Stop Feeling Hungry! Enjoy Rapid Weight Loss WITHOUT Crash Diets, Diet Pills Or Excessive Exercise 10 Tips For Intermittent Fasting Everyone Should Know 5 Make Or Break Rookie Weight Loss Mistakes (And How To Avoid Them) How To Lose Weight, Burn Belly Fat & Quickly Improve Your Health A Safe, Sustainable Path To Weight Loss That Actually Works How Would Your Life Change If You Could Lose Weight, Gain Muscle And Finally Get The Body You've Always Dreamed Of? No matter how confused, overwhelmed or demotivated you may feel, you will learn how to finally burn off your stubborn belly fat and achieve a healthy, sustainable lifestyle. Even if you can't exercise, or you don't have time to hit the gym, this book will empower you. So if you're ready to lose weight, achieve the body you truly deserve and enjoy the journey along the way, then scroll up and click the "buy now" button.

### Intermittent Fasting Mastery (Complete Beginners Guide)

The Vuja De Diet Plan is a Do-It-Yourself wellness plan for the mind, body, soul, and spirit that really works! Why does it work better than any other diet on the market? I am so glad you asked.....The Vuja De Diet Plan does not proclaim to be better than any other diet-this plan is designed to change the way you think mentally, physically, emotionally, and spiritually about oneself. This is not just an ordinary diet plan; it's a plan that leaves a Trail of extraordinary Wisdom that will have an impact on every area of your life. It is the "Blow Your Mind" precepts that set this plan apart from what you are accustomed to. And, not only that, I would say that I am the best candidate to write this book-I have walked this road many times, I have been rejected on this road many times, I have yo-yoed on this road many times, I have starved myself on this road many times, I have been through the fire many times-you name it, I have gone through it; therefore, I am justified in writing this book to answer the "Why" behind our "What" and give one the "How-to" succeed at whatever size we are or are not. For the most part, as life would have it, my Certifications in Fitness and Nutrition means nothing if I cannot tell the TRUTH about our diets or what's really happening with us from the inside out. The Vuja De Diet Plan offers you a better way of maintaining your weight without starving, bingeing, or purging. The ultimate goal of this plan is to help individuals utilize straightforward weight loss tips that slice through the perplexities of losing weight and keeping it off. It also cuts down to the core, opening up the real issues of life because I firmly believe "except the Lord builds a house they labor in vain who build it." Psalm 127:1. Therefore, this plan has been strategically designed to help individuals think their way into success with a "Plan of Action" that is written in their own words-it is basically the Do-it-Yourself Guide to a successful, healthy lifestyle. My reasonable service is to help individuals to become crystal clear about what they want in and out of life, to ensure that they do not deviate from their Plan of Action at the first sign of uncertainty. I firmly believe that when an individual is able to pull the inner strength from the depth of their soul, align them with the elements of what's around them, and follow the Trail of Wisdom that is in front of them-they will find Destiny GUARANTEED! Life is indeed a bunch of riddles, but the answers to every one of them must be sought after-if not, life will run a vicious cycle of deja vu until we finally get the point; hopefully, it will not be too late. The Vuja De Diet Plan reveals the secrets on how you can activate the Power of the Holy Spirit to bring your mind, body, soul, and spirit together into a healthier lifestyle, while changing your PERCEPTION about why you need to become a healthier you. It is time for you to discover how to free yourself from the fear, anger, guilt, and the pounds of pain that have been holding

you back from doing what you have been destined to do. Whether it's being a great husband/wife, a great mother/father, a great person, a great entrepreneur, a great business mogul, and the list goes on-whatever destiny has written on your heart, "The Vuja De Diet Plan" has been designed to bring it out of you! It has been designed to empower you to reach beyond your self-imposed limitations to embrace the wisdom that's already hidden within the depths of your soul. I welcome you to The Vuja De Diet Plan that will change your life forever. Guaranteed!

### The Vuja de Diet Plan

Ultimate Guide To Lose Weight Fast And Naturally, Fat Burn, Daily Weight Loss Meditation, Affirmations, And Mini Habits. A Revolutionary System For Stress-Free Living, Positive Thinking, Weight Loss, Abundant Life, Health, Love, Self Esteem, Money, Happiness And Much More! Discover the Secrets about Rapid Weight Loss with Hypnosis, Meditation, and Affirmations. Experience the Lifestyle Change Without Suffering

### Weight Loss Hypnosis Habits

A Unique Approach to Losing Weight and Keeping It Off Forever! Are you tired of ... being overweight? not being able to fit into all your clothes? feeling sluggish and not having enough energy? fighting your food and sugar cravings? I can relate! I fought a losing battle with the scale for over 25 years, with my highest weight passing 284 pounds. No diet worked, so I tried something different... I asked God to help me fight my battle. God answered my prayers. With his help, I lost 115 pounds. Through his grace, I've kept the weight off since 2002! God then blessed me to create this book you hold in your hands - The 7 Spiritual Principles For Your Weight Loss Transformation - a faith-based approach to permanent weight loss. Be free from the grip of overweight/obesity. Have a right-sized body and tons of energy. Fully receive and enjoy all of God's blessings. Embrace a Spirit, Mind, and Body approach so you permanently lose the weight. With God's daily presence in your life, guiding and transforming you, you will enjoy a lasting victory. I am truly transformed by the Weight Loss Transformation program. It is better than all of the other programs I tried because I was not only transformed in body, but more importantly, in mind and spirit. -Sheila R. I've learned so much in the WLT Program! I can eat now without feeling deprived because I have a new mindset. I've lost 41 pounds and 3 dress sizes. I no longer need knee surgery! -Hyacinth D The fact that the WLT Program is built on the foundation of biblical principles reminds me that I am (mind, body, and soul) God's temple. This helps me manage any challenge because I want my body to be in the best shape to do God's work! -Anne B. If you are ready for your transformation, then let's get started! Many Blessings and Good Health: -Elizabeth

### The 7 Spiritual Principles for Your Weight Loss Transformation

Ron Williams combined and applied his study of Biblical truths concerning fitness and nutrition with today's science to become the world's most decorated natural bodybuilder. In Faith and Fat Loss, these timeless, proven revelations become reality for permanent fat loss and body transformation. By applying the physical and spiritual principles found in this book you will experience the body that seemed unattainable in the past.

### Faith and Fat Loss

This book is for anyone who wants to achieve lasting, effective weight loss. It takes an inside-out approach, going to the root causes of excess weight. Author and veteran hypnotist Kanta Bosniak shares her inspiring weight loss story and expertly guides you in your own. She weaves practical information with enjoyable creativity exercises and visualizations that will help you use your weight loss experience as a tool for empowerment and personal growth. This book will help you create a lighter body to live in and a lighter spirit to match. "This is a very practical book, full of great teachings and ideas based on personal experience. I'd recommend it to anyone as an aid to losing weight and improving health and happiness." - Serge Kahili King, PhD. author of Instant Healing and Urban Shaman "This book is not just for you who are seeking to lose weight, but for anyone wanting to love more consciously. Its key phrase, I believe, is "Awareness removes the intensity from unconscious cravings." For any way you wish to be less needy and more joyful in your life, you will love reading this book! Its message emboldens the depth of your psyche to activate and make it happen." - Jacquelyn Small author of Awakening in Time and The Sacred Purpose of Being Human "This is an excellent workbook for learning to develop a healthier relationship with food. Kanta's writing is warm and encouraging with an occasional smattering of silliness that will keep you engaged in her book and your weight loss. You'll

also be charmed by her sweet illustrations, adorable hand-rendered offerings of fun and lightness that are deceptively frivolous." - Polly Kahl, M.A., L.P.C., author of *Jon & Kate Plus Eight: "Reality" TV and the Selling of the Gosselins* "In her new book, *Lose Weight in Alpha State*, Kanta Bosniak has provided a way to achieve your weight loss goals through many wonderful techniques to help you get to the bottom of the cause of your eating problems, healing them at the root." - Shoshanna Katzman, L.Ac., M.A. author of *Qigong for Staying Young*

### Lose Weight in Alpha State

Longevity is a blessing. Embrace each day.

### Timeless

This is Volume 1 of 5 of the series "How To Lose Weight Fast, Keep it Off & Renew The Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality." This book provides detailed instructions on how to launch a simple yet very effective and powerful eating structure that can solve your weight loss issues. The reason why most people start a diet and fail is because they are either unwilling or unprepared to walk through the inevitable hunger and discomfort. However, through proper preparation, and armed with a solid eating structure, nothing can stop you from reaching your weight loss goals. The "Permanent Weight Loss" Diet is designed to be the last diet that you will ever have to do... and - if adopted as a lifestyle - you will NOT gain back any of the weight that you lose. The author provides detailed instructions on implementing the diet, detox and other symptoms to watch out for, as well as many tips and tricks to help you overcome temptation. The "Permanent Weight Loss" Diet is a dynamic book written from the author's experience with obesity and compulsive overeating. If you are tired of jumping from one diet to another and not reaching your goals, then the "Permanent Weight Loss" Diet is sure to motivate, inspire you and lead you to the attainment of your weight loss and health-improvement goals. Whether you are experienced or brand new to dieting and weight loss, this book will provide you lots of tools, motivation and inspiration to press on.

### The Permanent Weight Loss' Diet

"Dr. Sadeghi is the doctor who has changed my life. This book will change yours." --Gwyneth Paltrow In his latest book, Dr. Habib Sadeghi provides a compassionately based, scientifically sound approach to the missing ingredient in the weight-loss recipe: self-love. You'll learn that real self-love is far more than an ethereal concept. It's a tangible evolutionary force that will create changes in your life that can only be described as miraculous. Did you know that the electromagnetic power of the heart is five thousand times stronger than that of the brain? That's the power of your love, and you'll learn how to harness its healing energy by taking one simple step. You'll discover the exciting emerging science of epigenetics and that fat is not all in the family. You've never been doomed by your genes and have far more control over your weight than you ever realized. Most importantly, this program was created, from compassion and experience, by someone who has been there. You'll be amazed and inspired as Dr. Sadeghi shares how this program created a profound healing in his own life. So prepare yourself for a revelation that combines the latest science with spiritual nutrition for a quantum weight-loss program that serves up a satisfying portion of real soul food. Take the journey to discover where the answers have been all along . . . within. All proceeds from *Within* will be donated to Roots of Empathy, University of Santa Monica and Healing Institute of Beings.

### Within

The Right Weigh is a unique 40-day, six-step plan for weight control that combines both a practical and spiritual approach that most diet books overlook: how to do the inner work necessary to change the very way you think about food.

### The Right Weigh

"Dr. Sadeghi is the doctor who has changed my life. This book will change yours." -Gwyneth Paltrow In his latest book, Dr. Habib Sadeghi provides a compassionately based, scientifically sound approach to the missing ingredient in the weight-loss recipe: self-love. You'll learn that real self-love is far more than an ethereal concept. It's a tangible evolutionary force that will create changes in your life that can only be described as miraculous. Did you know that the electromagnetic power of the heart is five thousand times stronger than that of the brain? That's the power of your love, and you'll learn how to harness its

healing energy by taking one simple step. You'll discover the exciting emerging science of epigenetics and that fat is not all in the family. You've never been doomed by your genes and have far more control over your weight than you ever realized. Most importantly, this program was created, from compassion and experience, by someone who has been there. You'll be amazed and inspired as Dr. Sadeghi shares how this program created a profound healing in his own life. So prepare yourself for a revelation that combines the latest science with spiritual nutrition for a quantum weight-loss program that serves up a satisfying portion of real soul food. Take the journey to discover where the answers have been all along . . . within.

#### Within

Spiritual and Holistic Weight Loss by Molly Sante, Ph.D.

#### Spiritual and Holistic Weight Loss

What if you could pray for weight loss and have your prayer answered to the exact pound you requested? Popular minister Dr. Matthew Anderson, author of the "Coyote Wisdom" column for EDIETS.com, asked that question of his readers, and received an overwhelming response. Many decided to take part in a simple prayer/weight-loss experiment he was conducting. The results were astonishing. Now Dr. Anderson has put his exciting Prayer Diet in book form. With The Prayer Diet, there is no regimen to follow. Instead, it asks readers to complete a few steps every day that address the emotional, mental, and spiritual essentials for lasting weight loss. Drawing on the wisdom of Jesus, Abraham, the thirteenth-century Sufi poet, Rumi, Carl Jung, and Zen philosophy, Dr. Anderson teaches readers how to achieve both a slim, healthy body and heightened self-esteem. In the fast-reading chapters of The Prayer Diet, Dr. Anderson will answer all readers' questions and provide encouragement as they slim down. He also includes a prayer maintenance program, to keep dieters from ever regaining the pounds they shed. Much more than a mere weight loss program, this program will enable those who follow it to heal inner pain, overcome self-criticism, and begin to love themselves more--which are all vital components to weight loss success.

#### The Prayer Diet

Effective October 1, 2002, Joyce Meyer's bestselling backlist is available exclusively from Warner Faith. And look for the first of several new major books from Joyce beginning in April 2003.

#### Eat and Stay Thin

What if overcoming barriers to losing weight and keeping it off was possible? What if there were simple tools available to help stop the yo-yo dieting syndrome of losing weight only to gain it back again? Anyone can lose weight. You've probably lost a lot of weight in your lifetime only to gain it back again. Then, you just give up and say, "I can't lose weight." Losing weight is not as much of a problem as keeping it off is. Stepping into a total transformation a total change--body, soul and spirit. Teresa Shields Parker knows. Once weighing 430 pounds, she struggled with weight gain most of her life. Now after losing 260 pounds she has discovered some secrets to keeping the weight off. Freedom from the yo-yo dieting syndrome and control of certain foods is possible with God's help. If you are willing to dig deep to unearth roots of buried pain, ridicule, fear, doubt, guilt and other negative and debilitating emotions and even spiritual misbeliefs, the walls will crumble. In Sweet Freedom, Teresa shares how she used simple tools such as forgiveness to break into her new healthy lifestyle. If she and God can do it, you and God can do it too. (Use or not as space allows)

#### Sweet Freedom

Are you tired of struggling with your weight and feeling disconnected from your inner power as a woman? Discover the groundbreaking fusion of Extreme Rapid Weight Loss Hypnosis and the transformative energy of the Divine Feminine, designed specifically for women like you. In this captivating book, you'll embark on a life-changing journey that transcends ordinary weight loss techniques. Through the power of hypnosis, you will delve deep into your subconscious mind, reprogramming your beliefs, habits, and relationship with food. Imagine effortlessly shedding those extra pounds, as your mind becomes a powerful ally in your quest for a healthy, vibrant body. But this book goes beyond weight loss. It taps into the untapped potential of your Divine Feminine energy, empowering you to embrace your unique feminine essence and harness its incredible strength. Awaken your intuition, tap into your

sensuality, and embrace self-love like never before. As you embrace the Divine Feminine, you'll not only transform your body but also your entire life. Inside this remarkable guide, you'll find: Powerful hypnosis techniques tailored to women, enabling you to reprogram your mind for rapid and sustainable weight loss. Insights into the profound connection between your weight and your Divine Feminine energy, allowing you to achieve harmony and balance from within. Strategies to release emotional blocks, overcome self-sabotage, and develop a healthy relationship with food and your body. Practical tips to boost your confidence, awaken your inner goddess, and radiate irresistible feminine energy. Personal development exercises, affirmations, and meditations to support your journey of self-discovery and empowerment. Whether you're tired of dieting, tired of feeling disconnected, or simply seeking a holistic approach to weight loss, Extreme Rapid Weight Loss Hypnosis for Women & Divine Feminine Energy is the key that will unlock your true potential. It's time to embrace the extraordinary.

### Extreme Rapid Weight Loss Hypnosis for Women & Divine Feminine Energy

What are you really hungering for? Is it love? Comfort? Security? Author Bronwyn Marmo, who has gone from obesity to a healthy body, mind and spirit, says, "Whatever you truly desire in your life, you will never, ever find it in the food!" By reading, *The Food Is A Lie: The Truth Is Within, A Spiritual Solution to Weight Loss and Balanced Health*, Bronwyn will show you how to unlock the answers that lie within you right now. - Learn how to make eating a source of pleasure, not guilt. - Shift from powerlessness to willingness. - And make peace with your body.

### The Food is a Lie