



Made to Crave Study Guide with DVD: Satisfying Your Deepest Desire with God, Not Food

By Lysa TerKeurst

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Made to Crave Study Guide with DVD: Satisfying Your Deepest Desire with God, Not Food By Lysa TerKeurst

This product is a hardcover participant's guide with a DVD glued in the back of the book. 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.

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Editorial Review

About the Author

Lysa TerKeurst is a New York Times bestselling author and national speaker who helps everyday women live an adventure of faith. She is the author of 15 books and the president of Proverbs 31 Ministries, where she and her team encourage over 500,000 women worldwide through their daily online devotional. Her remarkable life story has captured audiences across America, including appearances on Oprah and Good Morning America. She lives in North Carolina with her husband and five children. SPANISH BIO: Lysa Terkeurst es autora de doce libros (incluyendo la Medalla de Oro como finalista y el premio People Choice Award) así como numerosos artículos en revistas. Ella ha contado la extraordinaria historia de su vida en televisión y radio nacionalmente, incluyendo el show de Oprah y Good Morning America. Reside en Carolina del Norte con su esposo y cinco hijos.

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