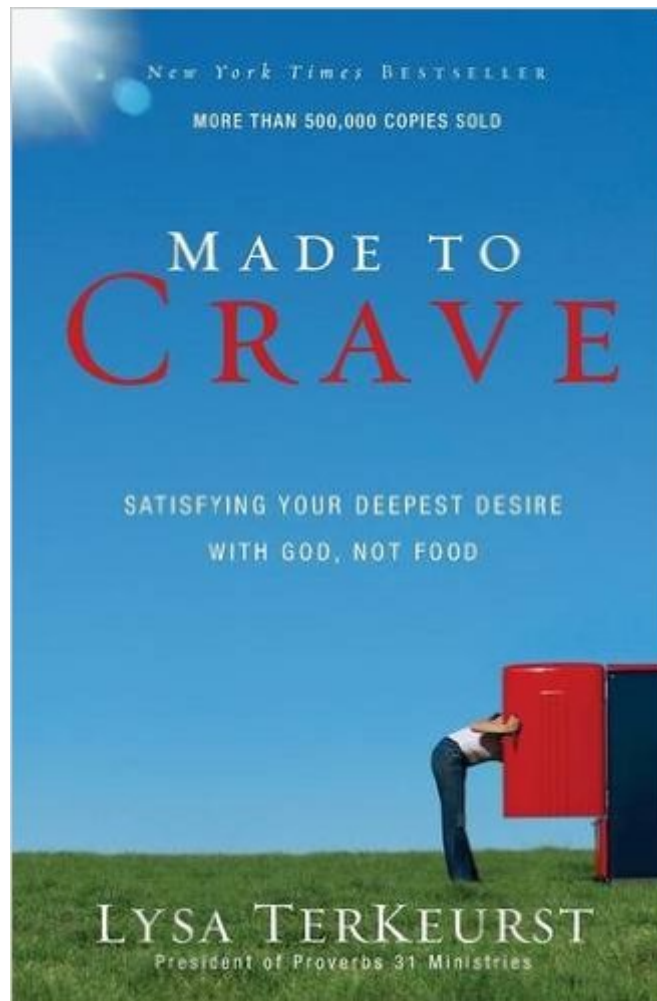


The book was found

Made To Crave: Satisfying Your Deepest Desire With God, Not Food



Synopsis

Made to Crave is 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 more of him. Many of us have misplaced that craving by overindulging in physical pleasures instead of lasting spiritual satisfaction. If you are struggling with unhealthy eating habits, you can break the "I start again Monday" cycle, and start feeling good about yourself today. Learn to stop beating yourself up over the numbers on the scale. Discover that your weight loss struggle isn't a curse but rather a blessing in the making, and replace justifications that lead to diet failure with empowering go-to scripts that lead to victory. You can reach your healthy weight goal and grow closer to God in the process. This is not a how-to book. This is not the latest and greatest dieting plan. This book is the necessary companion for you to use alongside whatever healthy lifestyle plan you choose. This is a book and Bible study to help you find the "want to" in making healthy lifestyle choices.

Book Information

Paperback: 218 pages

Publisher: Thomas Nelson (December 15, 2010)

Language: English

ISBN-10: 031029326X

ISBN-13: 978-0310293262

Product Dimensions: 5.4 x 0.6 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (1,221 customer reviews)

Best Sellers Rank: #852 in Books (See Top 100 in Books) #8 in Books > Christian Books & Bibles > Christian Living > Personal Growth #16 in Books > Christian Books & Bibles > Christian Living > Women's Issues #18 in Books > Christian Books & Bibles > Christian Living > Spiritual Growth

Customer Reviews

This is not your typical diet. There are no quick fixes or easy answers to be found. Instead, Lysa Terkuerst takes a different tack. She talks about craving. She states (and I agree) that we were made to crave. The problem isn't with craving itself, but rather WHAT we crave. She is also very transparent about her own struggles with excess weight and low self-esteem. She doesn't claim to have all the answers and admits she still struggles. Lysa has a lot of good things to share. I agree

that when it comes to losing weight, the biggest issue isn't knowing what to do. There are countless diet books to guide you. However, I know for me, the biggest issue is the want to. I would rather have quick fix. Pop a pill or try this diet. I want the benefits of losing weight without the discipline and hard-work it takes to make that a reality. Lysa discusses that topic in depth in the book. That and her discussion of emotional eating are two of this book's biggest strengths. I like that Lysa points out that being overweight is more than just a physical battle and issue. It's a mental, emotional, and spiritual issue as well. I think that this is an element that is missing in many diet books. Lysa will hit you where it hurts and raise issues you may not want to think about. However, I would be remiss if I didn't mention a couple of problems with this book as well. The diet that Lysa used to lose the excess weight is one that is extremely restrictive. No sugar, bread, rice, potatoes, corn, or pasta. I'm just not convinced that such a restrictive diet is healthy or sustainable long-term. I believe it is possible to get portions under control without such a restrictive diet. She is quick to suggest that such a restrictive diet isn't right for everyone.

[Download to continue reading...](#)

Made to Crave: Satisfying Your Deepest Desire with God, Not Food
Made to Crave Devotional: 60 Days to Craving God, Not Food
The Happiness Dare: Pursuing Your Heart's Deepest, Holiest, and Most Vulnerable Desire
Made to Crave Action Plan Participant's Guide: Your Journey to Healthy Living
Wine Bar Food: Mediterranean Flavors to Crave with Wines to Match
Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful
Desire
The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To)
The Berghoff Café Cookbook: Berghoff Family Recipes for Simple, Satisfying Food
Awakening Through Love: Unveiling Your Deepest Goodness
Magick for Beginners!: Spells & Rituals to Attain Abundance, Wealth, Health, Happiness & Your Deepest Desires!
Beginning Meditation: Enjoying Your Own Deepest Experience
The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To)
Darker Than the Deepest Sea: The Search for Nick Drake
The Everyday Wok Cookbook: Simple and Satisfying Recipes for the Most Versatile Pan in Your Kitchen
Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying
ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1)
A Modern Way to Eat: 200+ Satisfying Vegetarian Recipes (That Will Make You Feel Amazing)
Oh She Glows Every Day: Quick and Simply Satisfying

Plant-based Recipes Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals The
Vegiterranean Diet: The New and Improved Mediterranean Eating Plan--with Deliciously Satisfying
Vegan Recipes for Optimal Health

[Dmca](#)