



**Put Your Faith Where Your Fork Is: Science-Based, Faith-Empowered Principles For Healthy Weight Management (The Struggle Is Real But Not Necessary) (Volume 1)**

*Nettye Johnson*

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Weight loss and maintenance...

**The struggle is real, but not necessary.**

Do you struggle with your weight? Have you invested time, energy, money, and worry, yet remain unable to reach or maintain your goal? Does the condition of your body limit your purpose and potential?

A change can come. Hope and help are in this book.

In *Put Your Faith Where Your Fork Is*, author Nettye Johnson shares spiritual truths and scientific principles to help you:

- Put God first in the pursuit of health and wellness.
- Right skewed relationships with food.
- Embrace moderation and eliminate food guilt.
- Create a personalized, effective, and sustainable food philosophy for healthy weight loss and maintenance.
- Change your view of healthy disciplines from a challenge, battle, or struggle to a privilege, joy, a part of who you are, and a way to honor God.

In this book you'll find information, calls for prayer, self-examination activities, and concrete action steps to move you to the body God designed.

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**Bobby Tremblay:**

The reserve with title Put Your Faith Where Your Fork Is: Science-Based, Faith-Empowered Principles For Healthy Weight Management (The Struggle Is Real But Not Necessary) (Volume 1) includes a lot of information that you can discover it. You can get a lot of advantage after read this book. This book exist new know-how the information that exist in this guide represented the condition of the world now. That is important to yo7u to know how the improvement of the world. This particular book will bring you in new era of the globalization. You can read the e-book on the smart phone, so you can read it anywhere you want.

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