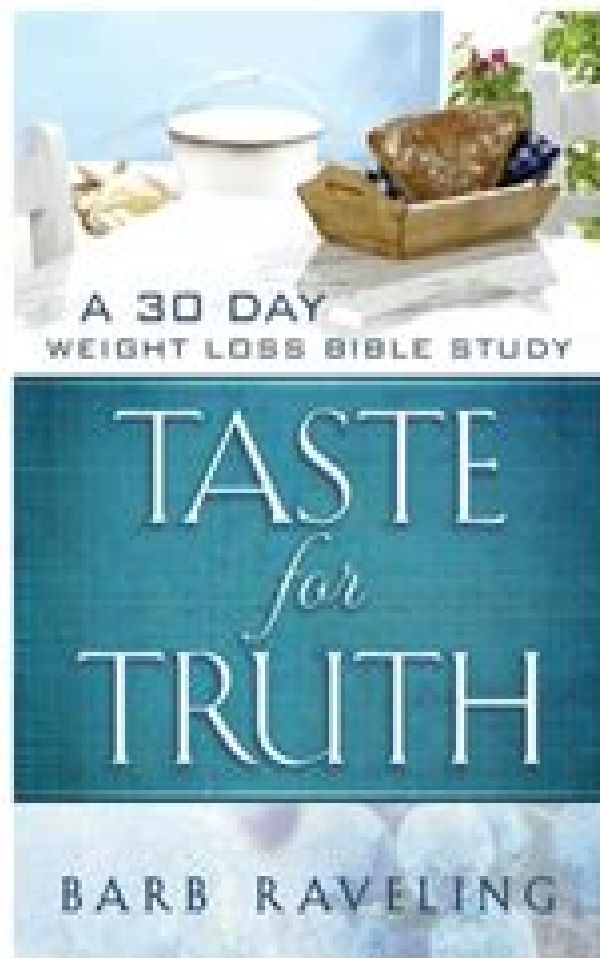


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Freedom from Emotional Eating Barb Raveling,2008-07 This 8 week Bible study contains 40 daily lessons that will help you 1 break free from the stronghold of emotional eating and 2 let go of those negative emotions that rob your joy Paul tells us in 2 Corinthian 10 3 5 that the answer to tearing down a stronghold isn t self control it s truth Freedom from Emotional Eating will help you take off the lies that make you overeat and put on the truth that will set you free from the control of food First edition published July 2008 Second edition published April 2014 *Say Goodbye to Emotional Eating* Barb Raveling,2022-11-01 Let God s Truth Transform Your Desires Author Barb Raveling has been caught in the bondage of emotional eating stuck in a cycle of gaining and losing weight but she s also experienced how submitting to Christ s commands healed her broken relationship with food In *Say Goodbye to Emotional Eating* Barb shares what she s learned to

help you regain control over what when and why you eat These 100 exercises based on biblical teachings will change how you see food dieting and weight loss As you read you will grow closer to God as you honestly and humbly present your struggles to Him build boundaries to stop you from using food as a coping mechanism and make emergency plans for when you re tempted to overindulge find freedom from strongholds by focusing your mind on God s desires for your heart When you trade the lies that lead you to overeat for the truths that set you free you ll find yourself craving closeness with God above all else Say Goodbye to Emotional Eating will help you build effective strategies for maintaining a spiritually satisfying relationship with food

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