

Authors of the National Bestseller LOVE HUNGER

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LOVE HUNGER WEIGHT-LOSS WORKBOOK

A 12-WEEK LIFE PLAN for
the BODY, MIND, and SPIRIT

Love Hunger Weight Loss Workbook

**Frank Minirth,Paul Meier,Robert
Hemfelt,Sharon Sneed,Don Hawkins**

Love Hunger Weight Loss Workbook:

Love Hunger Weight-Loss Workbook Robert Hemfelt, Frank B. Minirth, Paul Meier, Sharon Sneed, 1991 A stand alone workbook that helps readers work through the psychological spiritual and physical aspects of food addiction through interactive questions and answers and self tests This weekly eating exercise and lifestyle plan insures successful dieting and weight maintenance with an easy to use menu exchange program for each week a behavioral diary inspirational meditations and weekly self examinations assessing spiritual growth Love Hunger Weight-Loss Workbook Robert Hemfelt, Frank B. Minirth, Paul Meier, Sharon Sneed, 1991 A stand alone workbook that helps readers work through the psychological spiritual and physical aspects of food addiction through interactive questions and answers and self tests This weekly eating exercise and lifestyle plan insures successful dieting and weight maintenance with an easy to use menu exchange program for each week a behavioral diary inspirational meditations and weekly self examinations assessing spiritual growth *Love Hunger* Frank Minirth, Paul Meier, Robert Hemfelt, Sharon Sneed, Don Hawkins, 2004-11-08 Based on the premise that overeating is linked to emotional and spiritual deprivations Love Hunger begins with a relationship inventory that will help you understand how disappointments with your family spouse or self can result in obesity It then provides a comprehensive program that helps identify whether or not you are using food as a substitute for love career fulfillment or friendship and shows you how to break that addiction Once you begin dealing with the psychological basis for your eating problems you ll be ready to lose weight healthfully with a dietitian designed food plan that includes daily menus and recipes as well as strategies for relapses maintenance motivation and more This is a complete plan for body mind and soul **The Christian Therapist's Notebook** Philip J. Henry, Lori Marie Figueroa, David R. Miller, 2012-03-22 Christians are faced with the same range of problems as everyone else However Christian therapists understand deeply the unique issues involved with their therapy The Christian Therapist s Notebook is a single source for innovative user friendly techniques for connecting the everyday world of the client with Christian principles and Scripture This creative timesaving guide assists therapists in helping clients achieve therapy goals through professionally sound and principled exercises while always maintaining a positive supportive connection with Christian beliefs Helpful features include Scripture references relevant to common problems case studies vignettes professional resource lists client resource lists in session exercises homework exercises and handouts Report, 1991 *New Age Journal*, 1992-06 *Charisma and Christian Life*, 1992 *The Anger Workbook* Les Carter, Frank B. Minirth, 1993 Understand how pride fear loneliness and inferiority feed your anger Uncover myths that perpetuate anger and work through all of it *Virtue*, 1992 **You Can!** Frank B. Minirth, Mark R. Littleton, 1994 Faith and action working together are essential in overcoming life s difficulties Drawing on personal examples psychiatric expertise and biblical knowledge Dr Minirth presents seven biblically and psychologically sound principles to guide readers to combine faith in God and confidence in themselves as God s creation to overcome the odds

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