

Authors of the National Best-seller LOVE HUNGER

DR. FRANK MINIRTH, DR. PAUL MEIER,
DR. ROBERT HEMFELT, DR. SHARON SNEED,
AND DR. DON HAWKINS



LOVE HUNGER WEIGHT-LOSS WORKBOOK

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

**Love Hunger Hardcover By Minirth Frank B Meier Paul
Hemfelt Robert**

**Robert Hemfelt, Frank B. Minirth, Paul
Meier, Sharon Sneed**



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The Parenting Book Nicky Lee, Sila Lee, 2018-05-03 We believe that healthy families are at the heart of a functioning society We developed our courses and wrote The Marriage Book and The Parenting Book because the church has the opportunity to offer support to people at a practical grassroots level Every family strengthened makes a difference to a child and to our nation Drawing on their own experience of bringing up four children and having talked to thousands of parents over the years on their parenting courses Nicky and Sila Lee bring fresh insights and time tested values to the task of parenting The book covers the following areas Understanding how families work Meeting our children s needs Building character through setting boundaries Helping our children make good choices Passing on our believes and values Full of valuable advice and practical tips The Parenting Book is a tool to come back to again and again *Virtue* ,1991

Charisma and Christian Life ,1992-07 **Writer's Market, 1993** Mark Kissling, Jenny Pfalzgraf, 1992 Every year writers rely on the new edition of Writer s Market for information vital to their successful writing careers This edition contains up to date information on 4 000 buyers of freelance materials as well as listings of contests and awards helpful articles and interviews with professionals **The Writer's Market** ,1993 **West Coast Review of Books** ,1989 **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

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