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A 12 week life plan for the body, mind, and soul

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Dr. Frank Minirth, Dr. Paul Meier Dr. Robert Hemfelt, & Dr. Sharon Sneed AUTHORS OF LOVE HUNGER

# **Love Hunger Weight Loss Workbook**

Frank B. Minirth, Brian Newman, Deborah Newman

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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 **Library Journal**, 2002 <u>Charisma and Christian Life</u>, 1992 <u>Intimate Moments</u> David Ferguson, Teresa Ferguson, Chris Thurman, Holly Thurman, 1993 Married couples of all ages and those who enjoy the Senenity Meditations will explore 52 attributes that build intimacy in relationships 365 days a year Couples will find encouragement for building intimacy in their relationships with this new daily devotional A Scripture passage daily prayer and a meditation are included in each day s reading *The 17 Day Diet Workbook* Dr Mike Moreno, 2011-08-04 The 17 Day Diet offers readers a plan that will help them change their eating habits their health and their life Now The 17 Day Diet Workbook provides a more structured dieting experience for readers who want extra guidance and direction The workbook will open with a brief overview of the 17 Day Diet plan and philosophy and will outline for readers how to use the workbook to get the most out of it The book then provides readers with daily planning tools for the 4x17 day cycles of the diet Every day will have a unique food chart shopping lists 17 minute workout tips from Dr Mike space for dieters to track their food and water intake and a notes section to keep track of personal progress Each section will also talk about common barriers that dieters might experience in the different cycles and offer suggestions for how to keep the diet on track including food tracking and maintenance journaling

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