

"In order to change our self-destructive behaviors, we need to go deeper, to what underlies our behavior. Victoria Moran shows us how."—DEAN CRONSHIL, M.D.

# LOVE *Yourself* THIN

The Revolutionary  
Spiritual Approach  
to Weight Loss



**VICTORIA MORAN**  
author of *Get the Fat Out*

# Love Yourself Thin The Revolutionary Spiritual Approach To Weight Loss

**Lei Shi**



## **Love Yourself Thin The Revolutionary Spiritual Approach To Weight Loss:**

*Love Yourself Thin* Victoria Moran,1998-12-16 Moran has discovered consistent positive self esteem with her Love Based Diet based on the principles of a 12 step program This program reveals how physical emotional and spiritual aspects of one s life can be employed to help her or him stop being a problem binge or compulsive eater Moran also tells readers where to find delight in their lives and how to stop obsessing about food so they can stop using it as a drug Reprint **Born Again Bodies** R. Marie Griffith,2004-10-04 This is a wonderful book well conceptualized written with style and wit and impressive for its ambition reach and achievement R Marie Griffith brings to the scene learning theoretical subtlety critical acumen historical skill and humane sensibility She has emerged as one of the most sophisticated and insightful scholars of the Christian body in any period of Christian history Robert Orsi Harvard University *Born Again Bodies* is extraordinary It uncovers an arena of knowledge never before looked at with this level of critical attention when examining American religious culture Griffith s strength is that she looks across the evangelical denominations Her work is elegant and truly original Sander L Gilman author of *Difference and Pathology* and *Jewish Frontiers* *Craving Hope* Joni Woelfel,2008 Countless books are published each year with the latest advice and hottest tips on how to lose weight but few of them focus on the steadfast anchor of faith and its role in weight loss Joni Woelfel offers her book *Craving Hope* as a resource of support and strength during the weight loss process Consisting of 90 reflections each containing an opening quote daily progress notes a reflection question inspirational statement brief prayer and daily affirmation to repeat throughout the day *Craving Hope* is designed to be used in conjunction with a trustworthy weight loss program While this book can be used successfully by individuals research has shown that trying a weight loss program with a friend or small group is typically more successful and the workbook pages with discussion questions make *Craving Hope* ideal for groups **The Publishers Weekly** ,1997 *Pluralism Comes of Age* Charles H. Lippy,2015-05-20 This acclaimed work surveys the varied course of religious life in modern America Beginning with the close of the Victorian Age it moves through the shifting power of Protestantism and American Catholicism and into the intense period of immigration and pluralism that has characterized our nation s religious experience *Fit from Within: 101 Simple Secrets to Change Your Body and Your Life--Starting Today and Lasting Forever* Victoria Moran,2002-04-18 A bestselling self help author s proven prescription for losing weight and keeping it off with no pills no gadgets no gimmicks and no dieting Each year Americans invest more time more energy and more money 33 billion trying to lose weight Yet the rates of obesity and related illnesses such as diabetes and heart disease continue to climb at an alarming pace Statistically heroin addicts have better odds of kicking their habit than food junkies do of kicking theirs After decades of crash dieting and self recrimination Victoria Moran chanced upon a very basic truth about weight loss that allowed her to lose 60 pounds and keep it off for 17 years and counting In *Fit from Within* she shares with you what she learned and outlines a complete mind body approach to attaining and maintaining your ideal weight Writing

with the sensitivity of one who's been there she helps you to understand and confront the emotional and spiritual roots of your unhealthy relationship with food and to make the personal transformation from a prisoner of food to being free to live a happier healthier more fulfilling life This is the book everyone plagued with extra pounds has been waiting for Fresh clear and compassionate and this is the clincher it works Richard Carlson author of Don't Sweat the Small Stuff **Body**

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