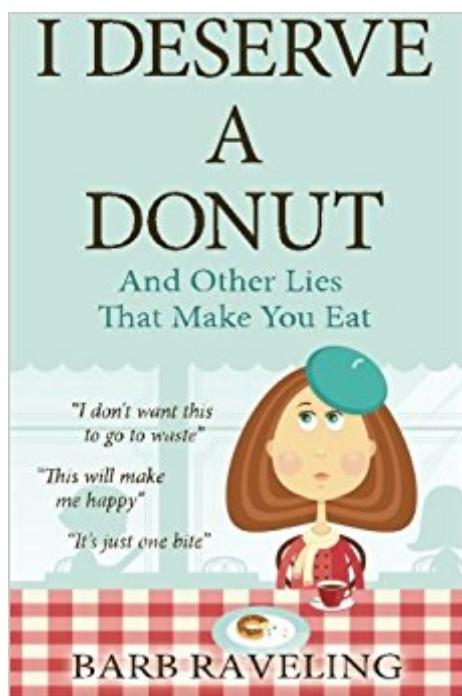


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# I Deserve A Donut (And Other Lies That Make You Eat): A Christian Weight Loss Resource



## Synopsis

When you're in a tempting situation, all you can think of is the food. How good it looks. How good it smells. How good it will taste. What you need is a way to break the hold food has on you. *I Deserve a Donut* will help. It is a hands-on, use-it-in-the-thick-of-the-battle book that will help you renew your mind right when you need it. It's filled with 150+ Bible verses, 37 sets of questions, and 20 sets of tips—all specifically chosen to help you take off the lies that make you eat and put on the truth that will set you free. As you renew your mind, you'll notice your desires changing. You'll actually want to follow your boundaries. And that will make it easier to say no to the donut. If you'd like a companion Bible study to this book, check out *Taste for Truth: A 30 Day Weight Loss Bible Study*, also by Barb Raveling. Both books can be used alongside any healthy weight loss program.

## Book Information

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## Customer Reviews

Barb Raveling is the author of *Freedom from Emotional Eating* and the *I Deserve a Donut* weight loss app. She blogs about the renewing of the mind at [www.barbraveling.com](http://www.barbraveling.com).

What a great resource to evaluate your head and heart. I found this to be eye opening and encouraging. It can apply to many areas of life!

I love this book as it has the scripture verses for different scenarios and emotions...without my

having to search the entire Bible. It has helped me to be obedient to God's word and to treat my body as a temple to HIM!

This is not just a diet book it a book about seeing the truth though faulty thinking. This may be the first "diet" book I've ever read that actually makes a difference.

I love this book. Barb has done a great job at providing me with a book to carry around on my phone that helps me overcome my emotional eating issues.

This is the kind of HELP we ALL need!! This is a nice purse sized compact book to take wherever you go and the information has helped me out more times than I can count! This is a must have for anyone fighting lies with Truth! Thank You Barb!! It's also a great companion to her book "Freedom From Emotional Eating"!

This book is a great tool to have if you have EVER struggled to lose weight. It lists all the excuses we give for eating and the scriptures to overcome that excuse and renew our minds. Excellent to have and also good to have as you do the companion book, "Taste for Truth".

This book had some great self evaluation questions and a lot of relevant bible verses. If you are open to doing some real soul searching this book will help you take responsibility for your part in your relationships and others life situations.

I am loving this book! It is a fantastic resource that provides simple but effective questions to ask yourself in various situations! I really appreciate the collection of great scripture verses to support you in your journey towards a healthier mind, spirit, and body! Thank you for a great book!! I'm so glad I found it!

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