

# [PDF] Made To Crave Participant's Guide: Satisfying Your Deepest Desire With God, Not Food

Lysa TerKeurst - pdf download free book

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**Books Details:**

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**Description:**

According to bestselling author Lysa TerKeurst, craving isn't a bad thing, but we must realize God created us to crave so we'd ultimately desire more of Him in our lives. Many of us have misplaced

that craving, overindulging in physical pleasures instead of lasting spiritual satisfaction.

For a woman struggling with unhealthy eating habits, *Made to Crave* will equip her to:

- \* Break the 'I'll start again Monday cycle' and start feeling good about herself today
- \* Stop beating herself up over the numbers on the scale and make peace with the body you've been given
- \* Discover how weight loss struggles aren't a curse but, rather, a blessing in the making
- \* Replace justifications that lead to diet failure with empowering go-to scripts that lead to victory
- \* Eat healthy without feeling deprived
- \* Reach a healthy weight goal while growing closer to God through the process

*Made to Crave* session titles include:

Session 1: From Deprivation to Empowerment

Session 2: From Desperation to Determination

Session 3: From Guilt to Peace

Session 4: From Triggers to Truth

Session 5: From Permissible to Beneficial

Session 6: From Consumed to Courageous

Bonus Session: *Moving the Mountain*, The *Made to Crave* Participant's Guide is designed for use with the *Made to Crave* DVD.

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