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By JEREMY LIKNESS

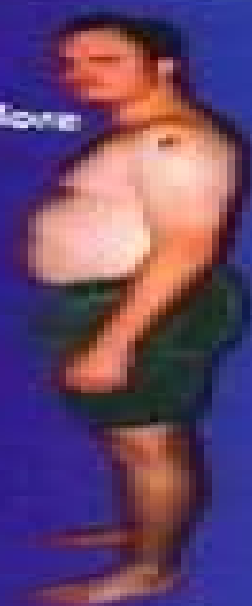
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A Transformation Guide
By Jeremy Likness

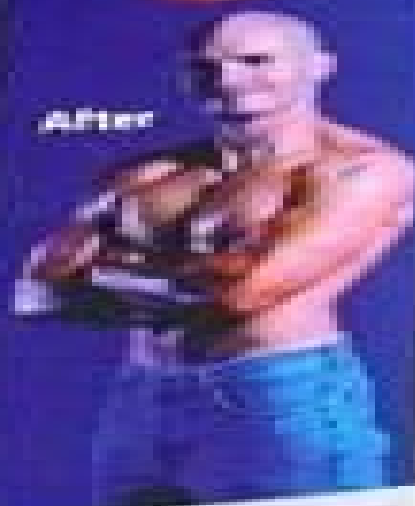
2nd Edition

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Before



After



Lose Fat Not Faith A Transformation Guide

J Spring



Lose Fat Not Faith A Transformation Guide:

Lose Fat, Not Faith Jeremy Likness, 2008-05 What if you could wave a magic wand and suddenly look into your mirror to find the lean healthy body you've always dreamed of smiling back at you What if you could stop falling out of breath when you tie your shoes and instead have the energy to keep pace with your own children What if you had the confidence and self-esteem to pursue your dreams It's not as easy as waving a wand swallowing a magic pill or snapping your fingers but if you feel it is difficult or impossible it's time you experience the keys to releasing your fat and embracing your faith It's time you join those around the world who have overcome obstacles and triumphed through the power of International Health Coach Jeremy Likness expert advice contained within **Lose Fat Not Faith A Transformation Guide**

Dr. Carol's Guide to Women's Health Carol Peters-Tanksley, 2016 Make lifestyle changes that will impact your health and well-being for life Dr. Carol's Guide to Women's Health will help women feel like they are talking to a trusted friend who is also an ob-gyn physician This guide offers medical science the author's practical experience and a faith perspective to the spectrum of both physical and mental/emotional health issues women face throughout the various stages of their lives Topic areas include hormones infertility and pregnancy diseases that especially affect women women's mental health stress anxiety depression etc lifestyle and disease prevention interacting with her doctor and today's healthcare system and slowing down aging With important information that moms can also teach their adolescent girls this book will be a frequent go-to for female health questions

The Weight Loss Handbook Efthymios Tzimas, 2011-11-11 Obesity may seem like an unbeatable opponent but if you obtain guidance from an expert who has overcome obesity you can transform your body and your life Author Efthymios Tzimas never understood why he always felt hungry Having suffered from obesity since childhood he reached a point in his life when he weighed more than 460 pounds Through becoming a fitness and nutrition expert and learning how to erase his unhealthy habits he lost 268 pounds More importantly he's kept the weight off for twenty years In **The Weight Loss Handbook** Tzimas provides readers with strategies to lose bad habits and form beneficial ones methods to break the pain barrier during exercise sample menus to promote weight loss Also included in this motivating handbook are beneficial phrases that can keep you on course information on the most advantageous times of day to eat and an examination of how athletes hone their bodies and maintain their weight It's possible to start losing weight today You just need guidance from a specialist who has attained weight loss success for himself and can support the similar change in your life

Simply Keto Suzanne Ryan, 2017-12-12 A simple beautiful guide to the keto lifestyle for anyone who's ever felt stuck or incapable of losing weight and even those who haven't The ketogenic diet a low carb high fat way of eating is remarkably effective at transforming people's lives helping them shed pounds and find relief from common health conditions such as diabetes Alzheimer's disease heart disease depression autoimmune diseases and high blood pressure No one knows this better than bestselling author Suzanne Ryan In her quest to overcome her lifelong struggle with her weight she stumbled upon the ketogenic diet and

decided to give it a shot In just one year she lost more than 100 pounds and reclaimed control over her health and well being Suzanne s first book Simply Keto isn t just a cookbook it s a portal into her life and dieting success It makes you feel like you have a guide who really understands what you re going through on your keto journey and her aim is to help you get started without feeling overwhelmed or intimidated She s honest and transparent about the details of her transformation how she accomplished the incredible feat of losing almost 40 percent of her total body weight and developed a healthier and more balanced relationship with food and how you can too In this book Suzanne shares everything you need to know to get started and find your own success You ll find helpful advice for starting keto grocery shopping tips keto and weight loss FAQs more than 100 easy recipes a structured 30 day meal plan guidance for living and thriving with the ketogenic lifestyle

Food and Faith in Christian Culture Ken Albala,Trudy Eden,2011-12-27 Without a uniform dietary code Christians around the world used food in strikingly different ways developing widely divergent practices that spread nurtured and strengthened their religious beliefs and communities Featuring never before published essays this anthology follows the intersection of food and faith from the fourteenth to the twenty first century charting the complex relationship among religious eating habits and politics culture and social structure Theoretically rich and full of engaging portraits essays consider the rise of food buying and consumerism in the fourteenth century the Reformation ideology of fasting and its resulting sanctions against sumptuous eating the gender and racial politics of sacramental food production in colonial America and the struggle to define enlightened Lenten dietary restrictions in early modern France Essays on the nineteenth century explore the religious implications of wheat growing and breadmaking among New Zealand s Maori population and the revival of the Agape meal or love feast among American brethren in Christ Church Twentieth century topics include the metaphysical significance of vegetarianism the function of diet in Greek Orthodoxy American Christian weight loss programs and the practice of silent eating rituals among English Benedictine monks Two introductory essays detail the key themes tying these essays together and survey food s role in developing and disseminating the teachings of Christianity not to mention providing a tangible experience of faith

Ten Commandments of Faith and Fitness Henry G. Brinton,Vikram Khanna,2008 Building on the Ten Commandments that guide our spiritual lives Henry Brinton and Vikram Khanna have devised Ten Commandments of Faith and Fitness a scientifically sound resource that teaches how to properly incorporate physical activity into daily life and how to eat better while building faith in the process

The Prism Weight Loss Program Karen Kingsbury,2011-05-25 The PRISM Weight Loss Program founded in 1990 has helped more than 60 000 people transform their eating behaviors with a sensible lifestyle change approach That approach is now available in The Prism Weight Loss Program by bestselling author Karen Kingsbury and Prism cofounder Toni Vogt The book shows readers how to not just tame the monster of food addiction but destroy it through simple eating strategies and biblical principles It includes testimonials descriptions of the authors personal struggles with food addiction and their ultimate success details of the program and a recipe section that will help

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