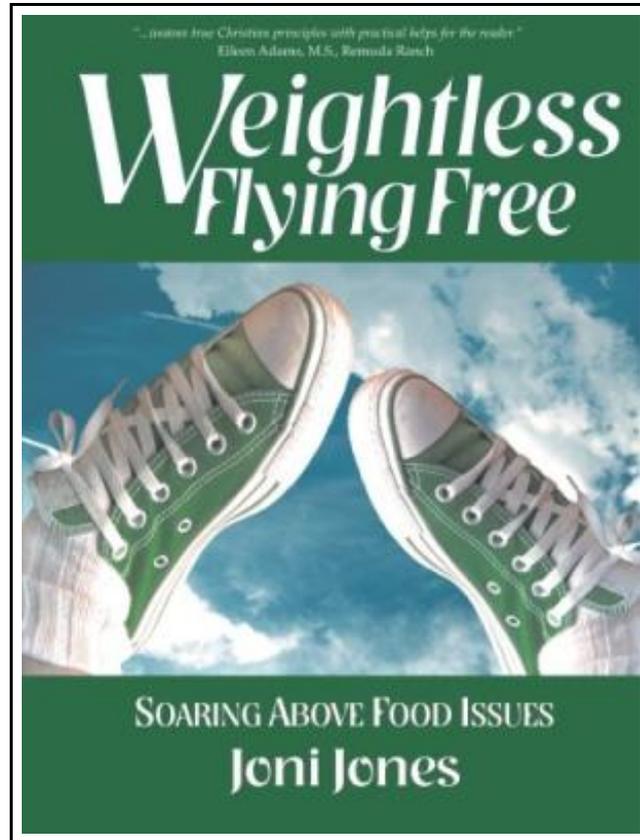


## Weightless: Flying Free: Soaring Above Food Issues



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## WEIGHTLESS: FLYING FREE: SOARING ABOVE FOOD ISSUES



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WestBow Press, United States, 2015. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Joni Jones understands what it is like to look in the mirror and see only fat and thin is never thin enough. She knows the power of food. Plain and simple: Joni has been there. In her biblically based workbook, *Weightless: Flying Free*, Joni shares an inside/outside approach to food and weight issues by exploring her struggles of a life consumed with diets, food, poor body image, emotional unrest, and bulimia and revealing the process that eventually set her on the road to healing. Joni, whose passion lies in bringing the message of hope and freedom to those who battle with compulsive and emotional eating, bulimia, and anorexia, shares a twelve-week guide comprised of personal experiences, lessons, prayers, and practical advice that can help you discover what lies beneath food strongholds and learn to rely on God's love and strength to overcome food issues. Through Joni's step-by-step plan and guidance, those who struggle with unhealthy eating behaviors can learn how to Trust and find value in the Lord; Uncover the role, relationship, promises, and lies of food; Create a food diary and discover emotional labels; and Embrace recovery and a healthy lifestyle. *Weightless: Flying Free* is a testament to the healing power of the Lord and provides hope and encouragement for anyone who wants to soar above the food strongholds in their life.



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