



The Eden Diet: A Biblical and Merciful Christian Weight Loss Program

Rita M Hancock MD

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(This product is not affiliated with or endorsed in any way by Eden Foods Inc.) The Eden Diet helps readers understand the many reasons why they have not been able to lose weight in the past. In most cases, they fail to eat according to their God-given internal sensations--their hunger pangs. Hunger was meant to be a compass that tells people when and how much to eat. However, most overweight people eat for external reasons that have little to do with hunger. They eat according to the clock, because of automatic habits, in response to their emotions and fleshly desires, or in response to tantalizing advertising messages. The Eden Diet shows how to overcome those fattening habits. It explains how to eat in response to the body's internal signals, how to block out external stimuli that trigger eating, and how to lose weight and achieve the abundant life God intended for His children in the beginning. Specific advice is given that helps readers eat for weight loss at pot luck events, buffets, at restaurants, on holidays and special occasions, and any time they are faced with challenging emotions and sinful desires. "For more information, visit www.TheEdenDiet.com." newer edition from Zondervan, scheduled for release on December 30, 2009.

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Amy Mueller:

Often the book The Eden Diet: A Biblical and Merciful Christian Weight Loss Program has a lot of knowledge on it. So when you check out this book you can get a lot of advantage. The book was authored by the very famous author. The writer makes some research ahead of write this book. This particular book very easy to read you can obtain the point easily after reading this book.

Thelma Martin:

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