

# Crave

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## BOOK DETAILS

- Author : Martha Collison
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## BOOK SYNOPSIS

In this six-session video study, Lysa TerKeurst helps women discover the missing link between a woman's desire to be healthy and the spiritual empowerment necessary to make that happen. The reality is, we were made to crave. Craving isn't a bad thing. But we must realize God created us to crave so we'd ultimately always desire more of Him in our lives. Many of us have misplaced that craving towards overindulging in physical pleasures instead of lasting spiritual satisfaction. For a woman struggling with unhealthy eating habits, Made to Crave will equip her to: ÒBreak the ÒI'll start again Monday cycleÕ and start feeling good about herself today ÒStop beating herself up over the numbers on the scale and make peace with the body you've been given ÒDiscover how your weight loss struggle isn't a curse but rather a blessing in the making ÒReplace justifications that lead to diet failure with empowering Go-to Scriptures that lead to victory. ÒEat healthy without feeling deprived ÒReach your healthy weight goal while growing closer to God through the process.

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