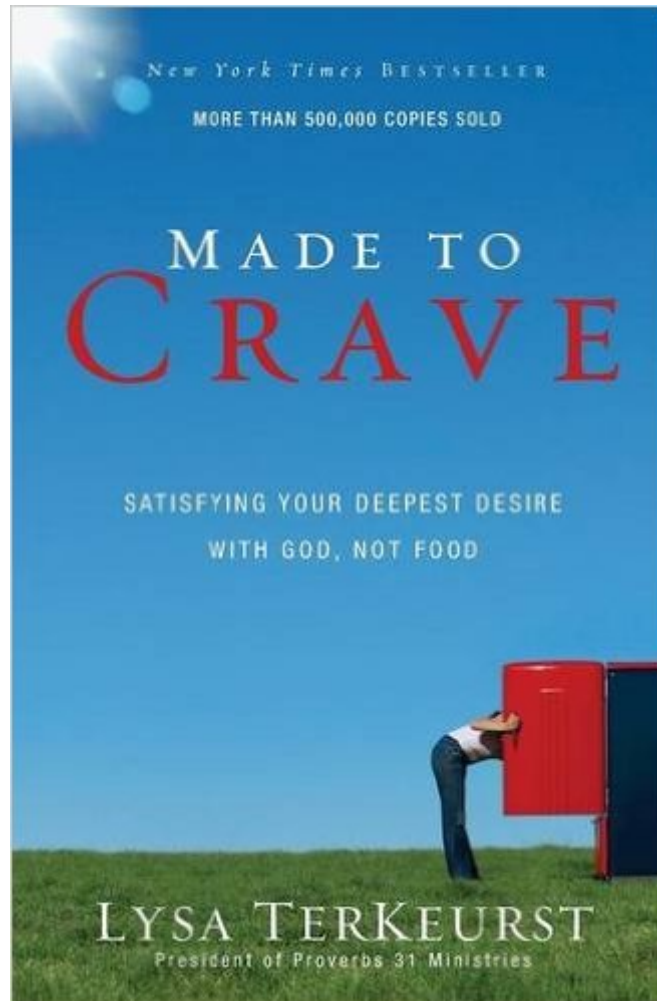


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Made To Crave: Satisfying Your Deepest Desire With God, Not Food



Synopsis

Made to Crave is 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 more of him. Many of us have misplaced that craving by overindulging in physical pleasures instead of lasting spiritual satisfaction. If you are struggling with unhealthy eating habits, you can break the cycle and start again Monday • cycle, and start feeling good about yourself today. Learn to stop beating yourself up over the numbers on the scale. Discover that your weight loss struggle isn't a curse but rather a blessing in the making, and replace justifications that lead to diet failure with empowering go-to scripts that lead to victory. You can reach your healthy weight goal and grow closer to God in the process. This is not a how-to book. This is not the latest and greatest dieting plan. This book is the necessary companion for you to use alongside whatever healthy lifestyle plan you choose. This is a book and Bible study to help you find the "want to" in making healthy lifestyle choices.

Book Information

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Customer Reviews

This is not your typical diet. There are no quick fixes or easy answers to be found. Instead, Lysa Terkuerst takes a different tack. She talks about craving. She states (and I agree) that we were made to crave. The problem isn't with craving itself, but rather WHAT we crave. She is also very transparent about her own struggles with excess weight and low self-esteem. She doesn't claim to have all the answers and admits she still struggles. Lysa has a lot of good things to share. I agree

that when it comes to losing weight, the biggest issue isn't knowing what to do. There are countless diet books to guide you. However, I know for me, the biggest issue is the want to. I would rather have quick fix. Pop a pill or try this diet. I want the benefits of losing weight without the discipline and hard-work it takes to make that a reality. Lysa discusses that topic in depth in the book. That and her discussion of emotional eating are two of this book's biggest strengths. I like that Lysa points out that being overweight is more than just a physical battle and issue. It's a mental, emotional, and spiritual issue as well. I think that this is an element that is missing in many diet books. Lysa will hit you where it hurts and raise issues you may not want to think about. However, I would be remiss if I didn't mention a couple of problems with this book as well. The diet that Lysa used to lose the excess weight is one that is extremely restrictive. No sugar, bread, rice, potatoes, corn, or pasta. I'm just not convinced that such a restrictive diet is healthy or sustainable long-term. I believe it is possible to get portions under control without such a restrictive diet. She is quick to suggest that such a restrictive diet isn't right for everyone.

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