



Ten - Nine - Twenty One: More of Jesus, Less of Me Forty Day Challenge (Paperback)

By Terri Flynn

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. More of Jesus, Less of Me, Forty Day Challenge Are you stuck in a vicious weight loss and gain cycle? Losing weight can be hard, especially when you re just starting out. One of the toughest aspects of losing weight is the motivation to start and continue healthy eating habits. Author Terri Flynn s Ten - Nine - Twenty One, Forty Day Challenge is a simple and effective way to jump-start your journey to a healthy lifestyle. God wants us to hunger for Jesus more than food, and be free of unhealthy food choices, and the destruction that the weight loss and gain cycle does to our bodies and health. It is time to make a commitment to get healthy and win your personal food war. Flynn challenges you to seek Jesus more than food. Stick with this program, and you ll see the results.

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