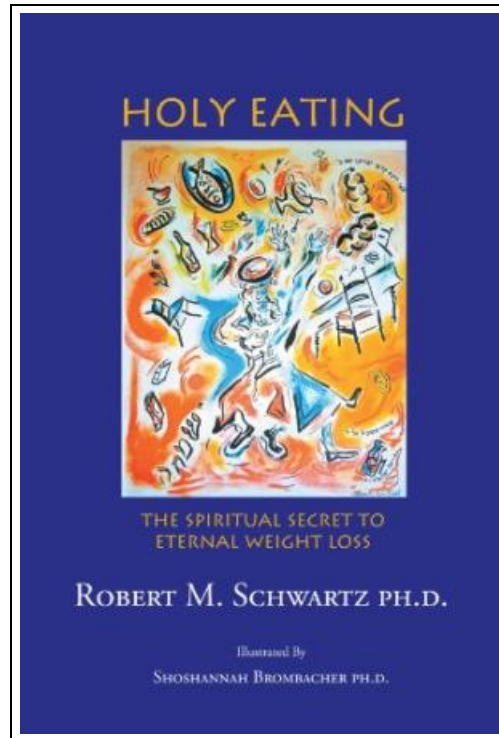


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HOLY EATING: THE SPIRITUAL SECRET TO ETERNAL WEIGHT LOSS



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iUniverse, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.?Imagine achieving your ideal weight and not regaining! ?Imagine growing spiritually while transforming your body! ?Imagine connecting with God each time you eat! ?Imagine Holy Eating making this process joyful! Imagine achieving your optimal weight and not regaining. Imagine growing spiritually while transforming your body. Imagine connecting with God each time you eat. In Holy Eating: The Spiritual Secret to Eternal Weight Loss, author Dr. Robert M. Schwartz offers a powerful guide for transforming both your physical and spiritual selves. He presents practical strategies, applying wisdom from the Bible and spiritual practices from the Kabbalah to the universal struggle for weight loss. Holy Eating captures a simple, but unique message: God cares about how you eat and wants you to be holy, healthy, and trim. This guide will help you understand and internalize the concept of holy eating so it comes alive with spiritual force. Schwartz leads you through practical steps toward experiencing the ultimate pleasures of holy eating with its benefits of reduced shame and improved fitness, beauty, and health. Holy Eating is a God-help book because it relies less on self-focused motivation than on drawing strength and guidance from God. In the battle against obesity, personal power alone is not strong enough for most people to achieve lasting victory, but spiritual inspiration and practices can yield lifelong weight transformation. Praise for Healthy Eating Holy Eating is a unique approach that involves an overall shift towards a more spiritual life. Taken seriously, this method can yield not only sustained weight control, but also a happier and more purposeful life. Rabbi Abraham Twerski, MD, Author of more than sixty books on spirituality and self-improvement.



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