



Help! I'm a Slave to Food

Shannon Kay McCoy, Paul Tautges (Editor)

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Overeating is a silent, subtle, even respectable sin—but it hinders the spiritual growth and effectiveness of many, including Christians. Perhaps you struggle with it too. If so, this booklet can help you—not as a diet plan, but as a compass directing you to the heart of the problem and to the only solution: Jesus, the One who can bring you out of slavery into freedom.

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From Reader Review Help! I'm a Slave to Food for online ebook

Daniel says

Good

this book it's helpful to understand that overeating is a sin..... and se have to put attention and be careful.

Sterling says

This is a good book with solid, biblical advice for people who overeat regularly. It doesn't really say much about other overweight challenges like heredity, different qualities of calories, balancing of carbs, protein and fat in each meal, hunger driven by sugar highs, manufactured or processed foods, artificial foods, etc. So this book is solid and traditional with biblical advice for people that simply stuff themselves, but for people that have more pieces to the puzzle than simple over-eating, it will leave you without help in these other areas
