



# Wonderfully Made: Healthy Eating & Abundant Living: 6 Bible Study Sessions for Personal or Small-Group Study

*Allie Marie Smith, Judy Wardell Halliday*

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**Wonderfully Made: Healthy Eating & Abundant Living: 6 Bible Study Sessions for Personal or Small-Group Study** Allie Marie Smith, Judy Wardell Halliday  
Six Bible study sessions for personal or small group study.

## **Explore healthy eating, and discover your true identity in Christ!**

Many girls and women struggle with an unhealthy body image and an unhealthy relationship with food. They're desperate for healing.

We're bombarded with messages about being thin and having a perfect body. We're obsessed with what we put in our mouths and the number on the scale. Our worth seems to be based on outside appearances. We try to control our lives by controlling what we eat—either too much or too little. We feel empty, lifeless, stuck, and desperate for more.

## **There's hope! You are loved. And you can be healed.**

In *Healthy Eating & Abundant Living*, you'll discover how to stop counting calories and start living—living through your relationship with God, not food.

This study gives you:

- **A lifestyle plan**—learn how to be more healthy, fit, and aware, and gain motivation to rise above the strongholds of food and body image.
- **An exploration of Psalm 139**—allow your body, mind, and spirit to be renewed through God.
- **Encouragement**—as you take bold, new steps to work through your own personal struggles and be healed from the inside out.

## **Become the woman God designed you to be. Your journey starts here.**

Lesson 1: You Are Wonderfully Made

Lesson 2: The HEAL Basics

Lesson 3: Healing Your Hunger

Lesson 4: Body Beautiful

Lesson 5: An Aisle of Grace

Lesson 6: Abundant Living

No "leader" is required, just a facilitator who makes sure everyone is included in discussion.

Each woman needs her own copy of this book.

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In this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become one of it? It is just simple way to have that. What you have to do is just spending your time not much but quite enough to get a look at some books. One of many books in the top checklist in your reading list is actually Wonderfully Made: Healthy Eating & Abundant Living: 6 Bible Study Sessions for Personal or Small-Group Study. This book that is certainly qualified as The Hungry Hillside can get you closer in turning into precious person. By looking right up and review this e-book you can get many advantages.

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