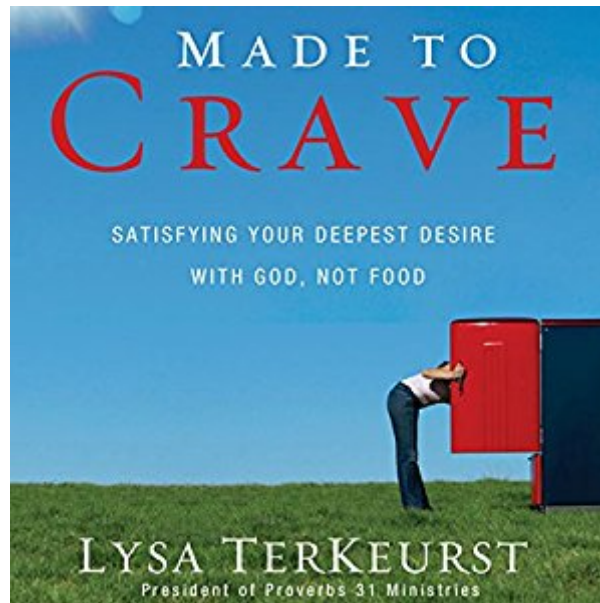




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# Made To Crave: Satisfying Your Deepest Desire With God, Not Food



## 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 'I'll 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 absolutely one of the best books and studies I have ever read. Lysa gets it. She's walked through the valley of food issues and lived to tell of how a decision to turn to God instead of food has given her a better relationship with Jesus as well as better health. This is a re-read again and again. I can hardly wait to start the next six week (optional) part of this study with our group at church. We've become a close knit group and so supportive of each other along the journey. I can't

recommend this one highly enough.

What an inspirational e-book on using Bible verses with your weight loss journey. When you are craving food to satisfy your emotional needs rather than turning to God to meet those needs; you really have to take a long look in the mirror at yourself, and ask "is this what I want?" I think most people would prefer a deeper, more meaningful relationship with God. I loved all the scripture relating to food, and how we can use food as it is meant to, to nourish our bodies, or unwisely to cause us defeat. I highly recommend this e-book to those readers that are looking to lose weight, and do it on a spiritual journey. Take the leap of faith. You have nothing to lose but weight and everything to gain in the Lord.

I was very skeptical going into this, despite loving Lysa's other work. She far surpassed my expectations. Felt like the book was written to me. Powerful!!!

I've had body and eating issues since I was very young. At the age of 13 I developed eating disorders (yes plural/as in more than just one) that have lingered with me and controlled me at various degrees my whole life. Recently I spiraled down and that huge sense of failure was overwhelming. I remember this book, a friend had mentioned it to me years ago. When this book ended I wanted more of it. I am going to get videos and work through this guide and the action plan with my friend.

I absolutely love this book. I used it to do an online Bible Study with the Proverbs 31 Ministry. I learned a lot and lost weight too!

Great tips, and spiritual guidance. Just what I needed! With Gods help, I'm down over 15 lbs in the first two months! As a believer, it was exactly what I needed.

really helped me to see my eating challenges in a new light-a Biblical light. probably could benefit from reading it again. wished it had a little more Biblical meat though.

I had never heard of Lysa until I went to a Women of Faith event this last year. She was so great that when I realized she wrote this book, I HAD to read it! Then my church posted that they were going to do a Made to Crave Bible Study and since the timing was perfect, I signed up. I had NO

idea what to expect and I can tell you, the experience changed my life. In SO many ways. It's not about the weight loss (although, that is a lovely side effect - I have lost 20 pounds so far!). For me, it was the profound truths about God's word and looking at Him in a way that I never had before that was the biggest benefit. I strongly recommend taking this journey - food is something that so many of us turn to without even realizing it. I would also suggest doing this in a small group, or, at the very least, make sure you get the participants guide.

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