



Taste for Truth: A 30 Day Weight Loss Bible Study

By Barb Raveling

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Do you ever feel like you'll *never* be able to lose weight and keep it off? This Bible study will help! Taste for Truth offers 30 days of **Bible study** and hands-on **renewing of the mind** help. You'll be taking off the lies that make you overeat and putting on the truth that will make you actually *want* to eat with control.

Taste for Truth is a companion Bible study to *I Deserve a Donut (And Other Lies That Make You Eat)*, which is available as a **free** iPhone and Android app and also in a book and Kindle format. The author also has a website and **podcast** that will encourage you as you go to God for help with breaking free from the control of food.

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Editorial Review

About the Author

Barb Raveling is the author of Freedom from Emotional Eating, I Deserve a Donut (And Other Lies That Make You Eat), and the I Deserve a Donut weight loss app. She blogs about breaking free from negative emotions and strongholds at www.barbraveling.com.

Users Review

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