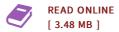




Holy Eating: The Spiritual Secret to Eternal Weight Loss

By Robert M Schwartz Ph D

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...



Reviews

Very helpful to all category of individuals. It is definitely simplified but surprises inside the 50 percent of your pdf. I am very happy to inform you that this is actually the very best pdf i have read in my very own lifestyle and may be he finest pdf for actually. -- Christelle Treutel

A top quality ebook and the font used was fascinating to read through. It is writter in easy terms and not confusing. Its been written in an remarkably easy way in fact it is simply after i finished reading through this publication through which actually altered me, alter the way i believe. -- Roberto Block