



Put Your Faith Where Your Fork Is: Science-Based, Faith-Empowered Principles For Healthy Weight Management (The Struggle Is Real But Not Necessary) (Volume 1)

Nettye Johnson

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Weight loss and maintenance...

The struggle is real, but not necessary.

Do you struggle with your weight? Have you invested time, energy, money, and worry, yet remain unable to reach or maintain your goal? Does the condition of your body limit your purpose and potential?

A change can come. Hope and help are in this book.

In *Put Your Faith Where Your Fork Is*, author Nettie Johnson shares spiritual truths and scientific principles to help you:

- Put God first in the pursuit of health and wellness.
- Right skewed relationships with food.
- Embrace moderation and eliminate food guilt.
- Create a personalized, effective, and sustainable food philosophy for healthy weight loss and maintenance.
- Change your view of healthy disciplines from a challenge, battle, or struggle to a privilege, joy, a part of who you are, and a way to honor God.

In this book you'll find information, calls for prayer, self-examination activities, and concrete action steps to move you to the body God designed.

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