



Faithfully Fit: A 40-Day Devotional Plan to End the Yo-Yo Lifestyle of Chronic Dieting

Claire Cloninger, Laura Barr

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Fed up with overeating?

All strung out from yo-yo-dieting?

Maybe it's time for a new approach.

Faithfully Fit is not a diet, not an exercise plan. It won't tell you how much you ought to weigh or what your heart rate should be or how many miles you should walk to burn up three cookies and a slice of cheesecake. It offers no quick fixes or miracle cures.

Instead, *Faithfully Fit* offers motivation, encouragement, and inspiration to help you change from the inside out?the only kind of change that lasts.

Complete with forty-two daily meditations, scripture readings, encouraging affirmations, and practical activities, this unique book provides day-to-day spiritual support for your eating and exercise efforts.

An ideal companion for your favorite eating or exercise program, this book also provides daily uplift for those who aren't dieting or "working out"?just trying to make healthy eating and regular exercise a part of their lives. However you use it, *Faithfully Fit* is guaranteed to give you hope, courage, challenge, insight, and humor on the long road (this time you will make it!) from overeating to overcoming.

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