



I Deserve a Donut (And Other Lies That Make You Eat): A Christian Weight Loss Resource

Barb Raveling

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When you're in a tempting situation, all you can think of is the food. How good it looks. How good it smells. How good it will taste. What you need is a way to break the hold food has on you. I Deserve a Donut will help.

It is a hands-on, use-it-in-the-thick-of-the-battle book that will help you renew your mind right when you need it. It's filled with 150+ Bible verses, 37 sets of questions, and 20 sets of tips—all specifically chosen to help you **take off the lies** that make you eat and **put on the truth** that will set you free.

As you renew your mind, you'll notice your desires changing. You'll actually *want* to follow your boundaries. And that will make it easier to say no to the donut.

If you'd like a companion Bible study to this book, check out *Taste for Truth: A 30 Day Weight Loss Bible Study*, also by Barb Raveling. Both books can be used alongside any healthy weight loss program.

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