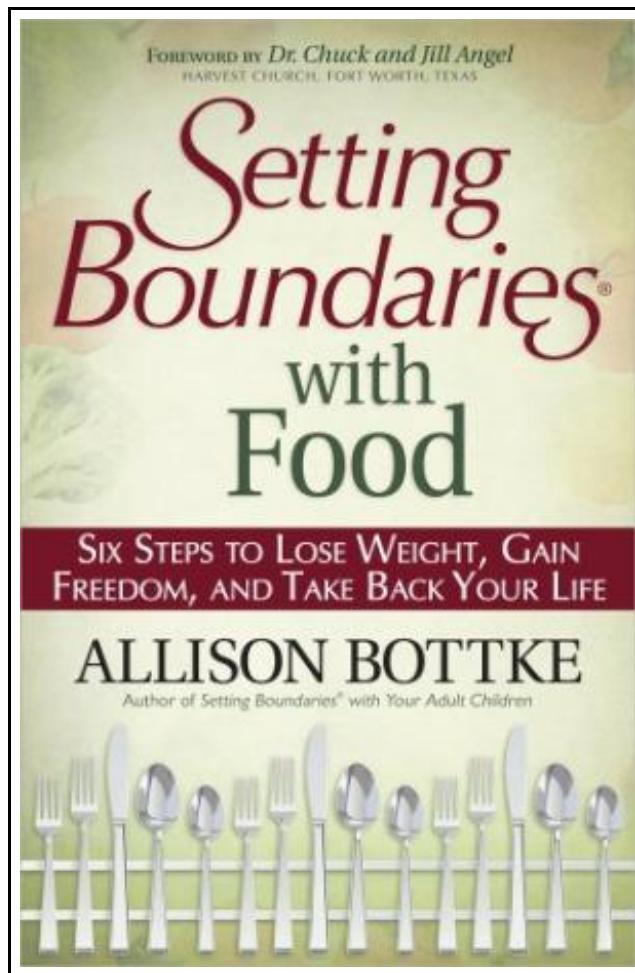


## Setting Boundaries with Food Six Steps to Lose Weight, Gain Freedom, and Take Back Your Life



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Harvest House Publishers. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. For the fourth book in her popular Setting Boundaries series, Allison Bottke turns to our relationship with food, and a problem that affects more than 200 million Americans (68 percent of the adult population)--obesity. Setting Boundaries with Food is a very personal book for Allison. She knows from personal experience about the struggle against obesity--feeling trapped in a seemingly never-ending cycle of dieting, deprivation, and despair. At one time in her life, Allisons scale hit the 300-pound mark. Her overweight status resulted in Allison being the first full-figure model ever signed by the prestigious Wilhelmina modeling agency, where she worked for some of the biggest names in fashion, such as Gloria Vanderbilt and Alfred Angelo. From her struggle, Allison offers more than just hope for the future. By introducing readers to her popular S. A. N. I. T. Y. steps, she encourages readers to turn away from the insanity of dieting and deprivation and to focus instead on establishing healthy relationships with food, self, others, and God. Her words will strike a chord with millions who have struggled for years to lose weight as they are encouraged to examine the emotional and spiritual aspects of their bondage to food and obsession with weight. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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