



Help! I'm a Slave to Food

Shannon Kay McCoy

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Living in a world gone

wrong, people face many issues, including the importance of self-discipline in the matter of diet and exercise. Here is biblical counsel at a practical level.

Overeating is a silent, subtle, even respectable sin - but it hinders the spiritual growth and effectiveness of many, including Christians.

Perhaps you struggle with it too. If so, this mini-book can help you not as a diet plan, but as a compass directing you to the heart of the problem and to the only solution: Jesus, the One who can bring you out of slavery into freedom.

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