



Craving Hope: A Spiritual Companion on Your Weight Loss Journey

Joni Woelfel

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Joni Woelfel has been there: She's faced the dreaded scale, debated the merits of the latest fad diet, and struggled to stop the yo-yo effect of dieting. What she has learned is that for all the emphasis on the science of weight loss, the personal and spiritual aspects matter just as much. Our bodies respond to our life stories through our mind/body/spirit connection.

*In **Craving Hope**, Woelfel invites readers on a ninety-day weight loss journey through the challenges, emotions and insights she encountered on her own. Reflections include:*

- It's All Connected
- When Nothing Is Happening
- Preventing Roadblocks
- Childhood Conditioning
- Weightless Grace
- Nation of Consumers

While this book is designed to be used in conjunction with a credible weight loss program, Woelfel recommends scientifically sound practices while encouraging readers to explore their relationships to food, exercise, family and God.

An easy to use resource for individuals, ***Craving Hope*** is also ideal for small group use and includes discussion questions and group activity suggestions at the end of each of its five parts.

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