



Craving Hope: A Spiritual Companion on Your Weight Loss Journey

By Joni Woelfel

ACTA Publications. Paperback / softback. Book Condition: new. BRAND NEW, Craving Hope: A Spiritual Companion on Your Weight Loss Journey, Joni Woelfel, Countless books are published each year with the latest advice and hottest tips on how to lose weight, but few of them focus on the steadfast anchor of faith and its role in weight loss. Joni Woelfel offers her book Craving Hope as a resource of support and strength during the weight loss process. Consisting of 90 reflections, each containing an opening quote, daily progress notes, a reflection question, inspirational statement, brief prayer, and daily affirmation to repeat throughout the day, Craving Hope is designed to be used in conjunction with a trustworthy weight loss program. While this book can be used successfully by individuals, research has shown that trying a weight loss program with a friend or small group is typically more successful, and the workbook pages with discussion questions make Craving Hope ideal for groups.



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