



You Are Not What You Weigh: End Your War With Food and Discover Your True Value

Lisa Bevere

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It is time for women to stop measuring themselves by the numbers on the scale! How many women out there are tired of the tyranny of dieting? Millions! With candor and a gentle spirit, Lisa Bevere shares powerful insights and liberating principles she discovered through her own personal struggles with weight. This life-changing book will empower women to:

- Learn how to identify and maintain an ideal weight
- Discover riveting truths from God's Word that will deliver them from the lies of the world
- Trade their self-consciousness for a deeper consciousness of God
- Break free from the destructive cycle of dieting

This book also features inspiring testimonies since the original publishing in August 1999.



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From reader reviews:

Elaine Rode:

Have you spare time to get a day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a wander, shopping, or went to often the Mall. How about open as well as read a book entitled You Are Not What You Weigh: End Your War With Food and Discover Your True Value? Maybe it is to get best activity for you. You realize beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have some other opinion?

Kristen Zamora:

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Richard Vedder:

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