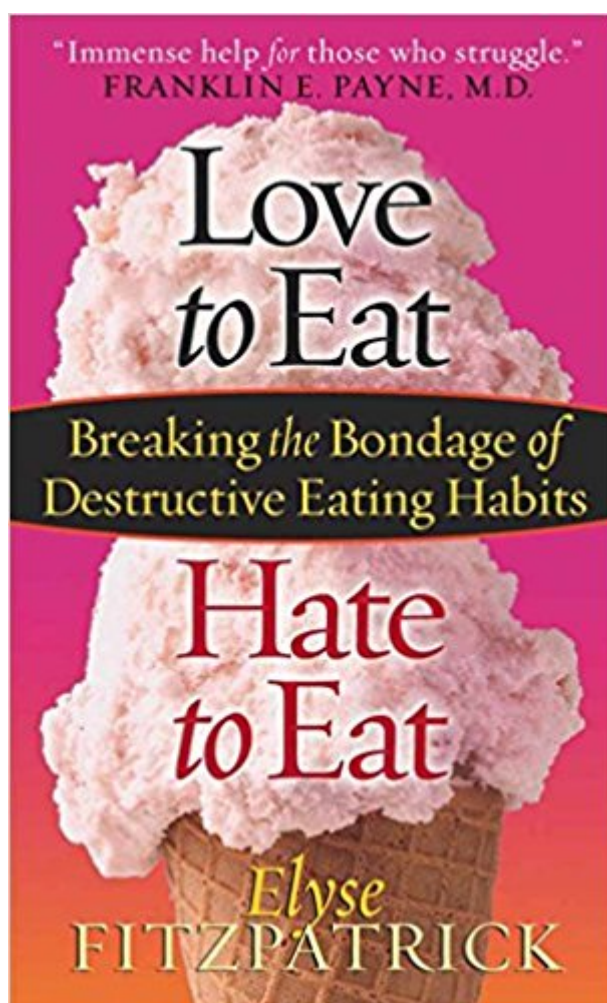


The book was found

Love To Eat, Hate To Eat: Breaking The Bondage Of Destructive Eating Habits



Synopsis

More than 80 percent of all Americans have been on a diet at some point in their lives. Low fat, low carb, high proteinâ "you name itâ "they've tried it. Isn't there a better way to break the cycle in the battle of the bulge? After years of futile dieting, readers know there's more to weight control than what they eat. Having discovered the power that food has over their lives, counselor Elyse Fitzpatrick, author of *Overcoming Fear, Worry, and Anxiety*, helps them: identify destructive eating habits break the vicious cycle of emotional eating develop a flexible plan suited to unique situations God knows everything about us...where we've been and where we're going. Because He knows us so well, He can deeply transform us, giving us the contentment we long for.

Book Information

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Customer Reviews

Elyse Fitzpatrick is the head of Women Helping Women Ministries and holds an MA in biblical counseling from Trinity Theological Seminary. She has authored more than a dozen books, including *Love to Eat, Hate to Eat*. She and her husband, Phil, have three grown children as well as grandchildren.

I had this book in paperback, and I have read it so many times that it is falling apart. I have lost 50# so far. This book uses the Bible to help you understand your relationship with food. I have loaned the book out three times and now I don't have to wonder when I will get it back, it is on my Kindle. I am so very thankful for the biblical aspect of this book. I am 66 years old, and I have struggled with my relationship with food all of my life, until now. I highly recommend this book.

This book is written for anyone who has a difficult relationship with food (it is especially relevant for those who struggle with overeating & constant dieting, though it applies to those with clinical eating disorders as well). The author writes from personal experience with overeating / using food for comfort, pleasure, etc. While I don't relate to her specific struggles (I struggle with anorexic behavior), the underlying truth and wisdom of this book was still quite relevant to my heart. Some of the practical applications may or may not be helpful to you, depending on your personal struggles. (I took some of her disciplined eating strategies that are designed for those who overeat and "flipped" them to apply to me) If you are able to take what is helpful & disregard what does not apply to you, then it's a Biblically sound, hopeful resource!

Elyse is always relevant when it comes to the "put-off" and "put-on" principles of biblical change in your life. This book is perfect for thin and thick, alike as she is dealing with the sin of gluttony and the many disturbing facets of it.

It addresses more serious eating disorders as examples, but there is plenty for those who need to curb their appetite. A lot I already knew, and does give you Bible verses to strengthen you during times of temptation.

I am a Registered Dietitian, and I use this book frequently with clients who want to address their eating issues Biblically. There is only one section of the book I do not like that talks about the daily allotment of calories. I work with clients on hunger & fullness, so that part isn't helpful. Everything else in the book is excellent and really challenges us to think in a right way about food and eating.

This book shows that God is interested primarily in the inside. He wants us to worship Him and not look to food or physical appearance for comfort and/or identity that only He is supposed to provide. The author points us to the God who loves us so much that He paid for our sins on the cross, the God who gives us power to change, and the God who provides hope beyond this life. She asks us to look at our hearts before looking at our bodies. She shows us that living life God's way is much better than living it our way. And she gives us practical advice for giving food the proper place in our lives, relating to food the way we were designed to. Highly recommended for those who need help w/ honoring God in the way they relate to food and physical appearance.

Insightful book for those looking to understand eating and develop better eating habits.

Good study.

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