

MADE TO CRAVE

SATISFYING YOUR DEEPEST DESIRE WITH GOD, NOT FOOD

CRAVING ISN'T A BAD THING.

Has food become more about frustration than fulfillment? *Made to Crave* is the missing link between a woman's desire to be healthy and the spiritual empowerment necessary to make that happen. Author Lysa TerKeurst personally understands the battle that women face. In *Made to Crave*, she will help you:

- Break the cycle of "I'll start again on Monday," and feel good about yourself today
- Stop agonizing over numbers on the scale and make peace with your body
- Replace rationalization that lead to failure with wisdom that leads to victory
- Reach your healthy goals and grow closer to God through the process

This book is not a how-to manual or the latest, greatest dieting plan. *Made to Crave* is a helpful companion to use alongside whatever healthy eating approach you choose—a book and Bible study to help you find the "want to" in how to make healthy lifestyle changes.

"*Made to Crave* may possibly be the most important book I've ever read on the matter of weight...and I've read A LOT! The world will never be at a loss for authors telling us what foods to eat, what foods to avoid, or how to exercise. Yet with all of this knowledge we are unhealthier than ever. Something is missing. And Lysa has tapped into the mystery that has plagued so many of us who battle with the bulge. If you are tired of the endless diet cycle, read *Made to Crave*. It will change your mind and then it will change your life." — Mandisa

Interested?

Come to an info meeting
Wed, Sept 7, 9-10:30am
in the Hospitality House

This 13 week class starts Sept 14

Questions? Contact Dar @ 503.949.8391

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LYSA TERKEURST

President of Proverbs 31 Ministries

