

Lose It for Life: The Total Solution?Spiritual, Emotional, Physical?for Permanent Weight Loss

By Stephen Arterburn, Linda Mintle

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Tired of That Old YO-YO Weight-Loss/ Weight-Gain Cycle?

LOSE IT FOR LIFE!

“Every other diet I’ve tried ends in despair; Steve’s plan ends in hope!”

Most weight-loss plans will help you drop a few pounds, but for how long? You deserve better. You deserve *Lose It for Life*, a time-tested, uniquely balanced program that deals with the physical, emotional, and even spiritual elements that lead to permanent weight loss.

Even if you have already experienced some success on another weight-loss program—Atkins ®, South Beach ®, Weight Watchers ®, whatever—this book will give you the information and motivation you need to achieve a permanent “state of weightlessness,” which is the secret to lasting results.

Now endorsed by Florida Hospital as part of its Healthy 100 campaign, this deluxe edition book and workbook offers a wide variety of exercises and activities to lead you to the next level in understanding

- Why you do what you do;
- How you can shed bad habits for good;
- How, with the help of God and others, you can develop a whole new approach to life, to eating, and to living healthy and free!

Lose It for Life was developed by best-selling author and radio personality Stephen Arterburn, who lost sixty pounds twenty years ago and has kept it off. In this revolutionary book, he and Dr. Linda Mintle, who is known for her clinical work regarding weight issues, will help you accomplish what you desire most: permanent results.

Includes bonus chapter from Arterburn’s new Healthy 100s Diet and Weight-Loss Plan!

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Editorial Review

Review

"Believing that excess weight is a symptom of physical, emotional, and spiritual imbalance, the authors' prescription for sustainable weight loss begins with getting right with God—surrendering to Him, confessing sins, forgiving others, taking responsibility for our actions, and transforming our moral identity. Maintaining this Christian focus, they offer familiar strategies from the mental health playbook such as confronting the emotions that cause overeating, healing malignant self-perceptions, and using tips on changing ingrained habits. Narrator Brandon Batchelar's youth-minister presence and brotherly generosity provide a solid vehicle for an audio that embraces spirituality and behavioral science. Though the authors' Christianity is literal and unequivocal, Batchelar's inclusive, empathetic vibe will make this program appeal to believers and nonbelievers alike."
T.W. © AudioFile Portland, Maine

About the Author

Stephen Arterburn is a *New York Times* Best Selling author with more than 8,000,000 books in print. He most recently toured with Women of Faith which he founded in 1995. Arterburn founded New Life Treatment Centers as a company providing Christian counseling and treatment in secular psychiatric hospitals. He also began "New Life Ministries", producing the number-one Christian counseling radio talk show, "New Life Live," with an audience of over 3,000,000. He and his wife Misty live near Indianapolis.

Users Review

From reader reviews:

Darren Meekins:

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