



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.

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

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Author : Lisa Bevere

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Dianna Sandora Sandora says

Okay, I'll admit reading this book was difficult. I think it was because I felt like she was in my head. I am now looking at myself differently. I am starting a Juice Cleanse, which she recommends right after Christmas.

Rebekah says

Good book that deals with self-image in a culture that is overly consumer with it. Does a nice job of pointing the reader back to God and his Word.

Lydia says

Where has this book been my entire life? Best book about weight I've ever read! I feel so free after finishing this book and plan to read again and again to let the truths Lisa shares really sink into my brain. I have so many years of telling myself lies and letting the scale rule my mood and in some ways my life, that I really need to reinforce these truths to myself. It is a quick read that is hard to put down. Please if you have ever struggled with dieting and weight issues, read this book!

Belinda says

Really helpful. Great book.

Samantha & Luke says

powerful and liberating. moreso than I expected.

Karen Hipson says

FABULOUS!!!! I finished this in one evening because it just did not want to be put down. If you've struggled with being under- or over-weight, have body image issues, are concerned about your daughter's body image, if you tend toward destructive self-talk or just need to feel like you've had a real private heart-to-heart with a friend who understands, this is definitely worth a read. There are workbook pages as well to help you walk through matters step by step, and a kind of credo to copy and keep in front of you.

Is this a diet book? Absolutely not. This is Lisa at her best, speaking from her heart to yours, sharing her experiences, encouraging, uplifting, and pointing the way to the ONE who has the real answers you need to hear.

Netta says

Although God rescued my body from eating disorders while I was in college, my mind was still stuck in that way of thinking.

This book made me so stinkin' mad at the beginning... I wrote my angry comments in the book (no, you can't borrow my copy!). But I stuck with it and it was such a tool for God to point out how my mind needed to be renewed... and it opened up a whole new world for me!

Chris Ballantyne says

Loved this book so helpful and encouraging

Kellee says

Great book for any woman who has issues with her body (and who doesn't). The first of her books that I've read and now I own most of them.

Sue says

This book is awesome ,

Laura says

In this book Bevere shares her personal struggles with weight and how she overcame it all by trusting in God and relying on His strength.

I definitely recommend this book to anyone who has issues with food or weight-- even if it's just that you obsess about losing a few more pounds, are a chronic dieter, or if you base how you feel on how you look.

Karen says

Easy read. Not quite what I was expecting in that it didn't have any practical steps, but I enjoyed the chapters on the difference between dieting and fasting. Putting my relationship with food along with any other

relationship in perspective and context of God in the center, makes sense.

Janet says

This is a must read for every person I know. Lisa states clearly the truth about how our thinking and attitudes about our bodies have enslaved us.

Thank you, Lisa, for writing this work. I'm buying more copies and giving them to a lot of my friends.

Andreea says

This is not a book about losing weight, but a book about uncovering the illness of the soul which in the end reflects in the physical appearance. For me it was a way to understand some Truths for my life, the central one being who is God for me.
