



The book was found

The Jesus Diet: How The Holy Spirit Coached Me To A 50-Pound Weight Loss



Synopsis

In *The Jesus Diet: How the Holy Spirit Coached Me to a 50-Pound Weight Loss*, Author/Poet Robin Merrill shares her weight loss experiences through 30 Bible devotions designed to inspire others to join her on her journey toward improved spiritual, and physical, health.

Book Information

File Size: 460 KB

Print Length: 69 pages

Page Numbers Source ISBN: 0991270606

Publisher: New Creation Publishing (November 29, 2013)

Publication Date: November 29, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00H4HQIZS

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #26,260 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Spiritual Warfare #28 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Devotionals #32 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Religion & Spirituality

Customer Reviews

As someone who has had a lifelong interest in world religions and a longtime focus on the treatment of addiction, this book sort of turned me on my head. It's not only very thought-provoking, but the author's voice is so authentic, inclusive, and humble, that it broke through my 30-year-long block against Christian writing. I found myself as able to read Merrill's proclamations of faith and discussions of theory and practice with as much open-mindedness and acceptance as I can those from Hindus, Buddhists, Jews, advaitists, earth-based celebrants, and all the others that don't push my buttons. Raised Episcopalian and having started my life on the spiritual path in Young Life, I

quickly turned away from Christianity when it turned judgmental, so this was no small feat: no author since CS Lewis has accomplished this! But this book, unapologetically, undefensively, unquestionably Christian in its process and outlook, demonstrates such a deep connection with the truth of the divine and its practical application to everyday life—particularly facing and standing up to one's demons—that it rises beyond the usual recruitment and exceptionalist message to the bigger truth that lies at the heart of Spirit itself. In fact, some really hard concepts like sacrifice/death/crucifixion, temptation, forgiveness, surrender, supplication, world vs. spirit, and more have never been so well-demonstrated, so simply shown in anything I've read as Robin Merrill does in this simple, honest book. Merrill's voice is so personal, so real, and her craft so well-honed, that the book is a plain, good read. I tore through it in two days, enjoying the sentences, the ride, and the inspiration. But I could have lingered over it just as happily. "The Jesus Diet" worked as my spiritual reading of the week. And I cannot get her process of appealing to the Divine for help on every level out of my head. Whether you like to read Christian theology, twelve-step practices, or the Vedas, this comes highly recommended.

This book has been a life saver for me. After my devotions I always use THE JESUS DIET as my second devotion. I have it on my tablet my phone and my computer and I also carry the book with me in my purse. I am never without thiS BOOK. I am a pastor and I am using this book. The JESUS diet as a BIBLE study. Thank you Robin for allowing God to use you to help others.

I can pick this book up and use it over and over for daily meditation and prayer on my own weightloss journey. I had tried every diet and program ever written and until I saw my weight as a spiritual issue I would have never got anywhere. My weight is down 35 pounds since I've been "Praying my weight off". Robin feels like a trusted sister who knows my heart and can put my prayers into words, so that I can have a closer relationship with Him and his guidance. The way the scriptures are noted to help me understand the Word of God in such a personal way is truly inspired by the Holy Spirit. Thank you, Robin!!!

A small size book that has such important and outstanding information on how to loose weight. Loved it and her second book also, wish she would write another book. The information in this book has been so useful in using for the diet group I am leading in my church. I knew what I wanted to do-- and am delighted that I found someone who has already done this and helps explain things better.

I have been on the diet roller coaster most of my life. I know that this is a spiritual battle and this author has lived it and knows how to spiritually equip someone who is struggling with eating. I will read and re-read it. It is full of the Word of God and nothing but true, spiritual advice.

This book is so spirit filled. I could literally feel the prayers changing me. Thank you Lord for giving the author her message and story to share!

Although I found some of the devotions much more meaningful than others, there are still important truths presented. Yet, this is not a how-to. The author shares her journey of using Scripture and applying it to losing weight. It is left up to readers on how to best apply it for themselves, and I think this is best.

This book was short and simple, yet it brought forth some powerful principles to aid anyone believer or not in the psychological aspect of weight-loss. This is not a diet book, it's not about a plan or exercise. You will not find any information about calories or fads, what you will find is strategy. There are biblical based strategic tactics in how to battle over eating, emotional eating, unwise eating, and motivation to take care of your body as God wills in your life. Thank you for writing this, and I encourage people to read it.

[Download to continue reading...](#)

The Jesus Diet: How the Holy Spirit Coached Me to a 50-Pound Weight Loss DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Dukan Diet:

The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)