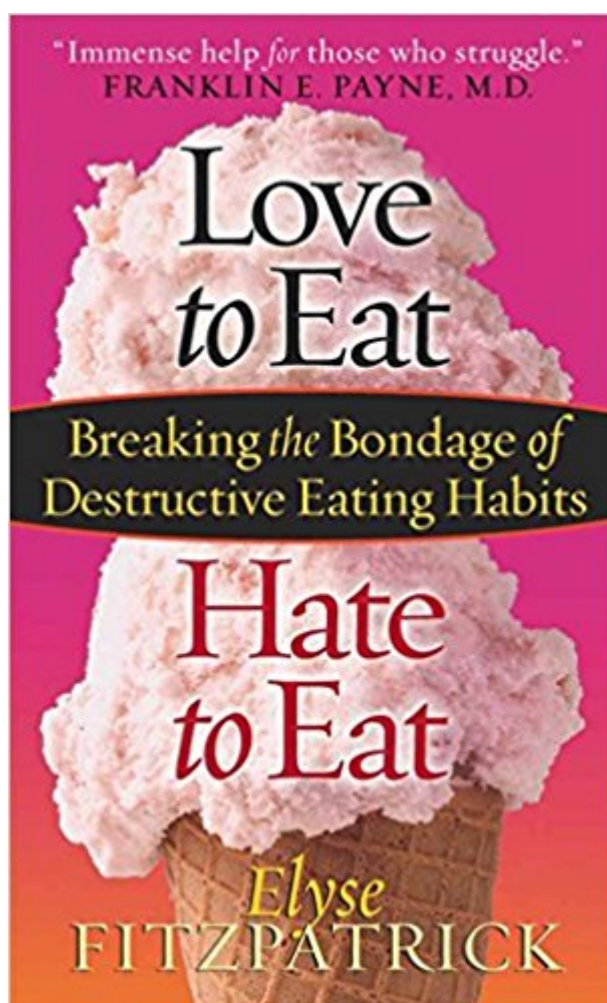


The book was found

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

Mass Market Paperback: 264 pages

Publisher: Harvest House Publishers; English Language edition (August 15, 2004)

Language: English

ISBN-10: 0736914382

ISBN-13: 978-0736914383

Product Dimensions: 4.2 x 0.6 x 7 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 77 customer reviews

Best Sellers Rank: #207,593 in Books (See Top 100 in Books) #205 in Books > Health, Fitness & Dieting > Mental Health > Eating Disorders #568 in Books > Health, Fitness & Dieting > Women's Health > General #1021 in Books > Christian Books & Bibles > Christian Living > Self Help

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.

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

Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Ultrasonic Methods of Non-destructive Testing (Non-Destructive Evaluation Series) Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1) Crazy Is My Superpower: How I Triumphed by Breaking Bones, Breaking Hearts, and Breaking the Rules Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) 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) The End Of Chaos: Break Away From Bad Habits, Addictions And Self Destructive Tendencies Before They Break You Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior Statistics for People Who (Think They) Hate Statistics (Salkind, Statistics for People Who(Think They Hate Statistics(Without CD)) Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes Quit Binge Eating Habits: Compulsive Eating Help with Hypnosis and Meditation Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight About Animals (P.S.) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Habits! 21 Powerful Simple Mini Habits to Boost Your Mind, Hack Your Productivity and Achieve Success in Life (Healthy Living eBooks, Self Control and Discipline,) Habits: Easy Habits for a Better Life. (Life, Business, Success, Habit, Happiness) Rich Habits: The Daily Success Habits of Wealthy Individuals

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)