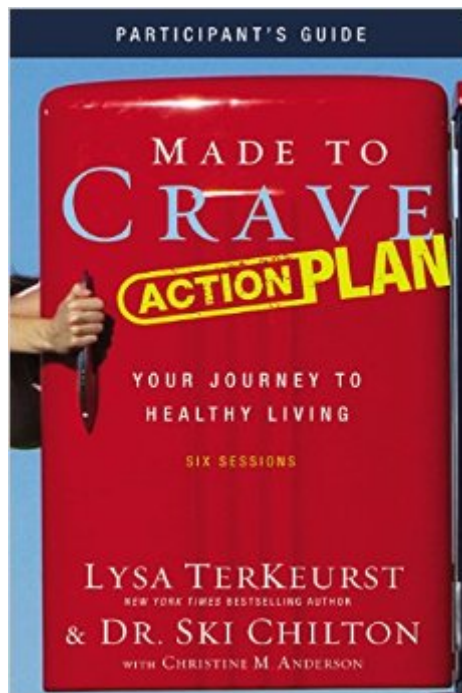


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# Made To Crave Action Plan Participant's Guide: Your Journey To Healthy Living



## Synopsis

In this six-session small group Bible study, *Made to Crave Action Plan*, Lysa Terkuerst's™s follow-up to the New York Times bestseller, *Made to Crave*, Lysa helps you discover how to put into action, those things you learned through the *Made to Crave* book and small group study. Trying to get healthy can seem overwhelming and complicated. Eat carbsâ |donâ™t eat carbs. Eat fishâ |donâ™t eat fish. Pay attention to caloriesâ |donâ™t pay attention to calories. All this conflicting information can be daunting and confusing. But it all becomes clear in the *Made to Crave Action Plan*. It will help you implement a long-term plan of action for healthy living. Youâ™ll be encouraged by Bible teaching from Lysa, uplifted by testimonies from women like Christian music chart-topper Mandisa, and empowered with healthy living tips from Dr. Ski Chilton, an expert in molecular medicine â “ all while charting a permanent course for successful, healthy living. This small group Bible study will help women who found their â œwant toâ • by participating in the *Made to Crave* study master the â œhow toâ • of living a healthy physical life as well as cultivate a rich and full relationship with God. *Made to Crave Action Plan* gives women of all ages Biblical encouragement for both their physical and spiritual journeys plus healthy living tips for use in their everyday lives. Use this Participant Guide along with the *Made to Crave Action Plan* DVD (sold separately), to further encourage group discussion, document your personal journey toward healthy living, and to reference the quick healthy living tips that will help make your journey a success. Sessions include: 1. TAKE ACTION: Identify Your First Steps 2. EAT SMART: Add Fish and Increase Fiber 3. EMBRACE THE EQUATION: Exercise and Reduce Calories 4. MAXIMIZE KEY NUTRIENTS: Increase Nutrient-Rich Fruits and Veggies 5. PRACTICE THE FIVE PRINCIPLES: Keep Working Your Plan 6. MAKE A COURAGEOUS CHOICE: Direct Your Heart to Love and Perseverance

## Book Information

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## Customer Reviews

My wife begged me to order this "Action Plan" with the "Devotional." Action Plan is designed to work for a small group, SS class, Bible study, or even a non religious group as long as they realize it relies heavily on Bible scripture and a Christian belief of God, His saving grace, and His power to help women, "even for girls who don't crave carrots," as the NYT bestselling author Lysa Terkeurst states. My wife knows it is supposed to last over several weeks, meetings, or whatever, but she dives into the pages like it's a novel eager to absorb all of the inspiration and assurances that she finds in rereading the original "Made to Crave" book. She loves original, and now the devotional, plus the action plan books. I love her so much, and she's so lovely (even over age 60-don't tell her I told you that), and of course she received all 3 books. My wife is worth the cost. She works hard at maintaining a healthy weight, exercise, food control, and has success due to prayer, persistence, and inspirational things like her "Made to Crave" trilogy. "A POWERFUL, inspiring, encouraging, THOUGHT-PROVOKING devotional and action plan, just like the original 'Made to Crave' was," she said. "Thoroughly seasoned with scriptures that have been very practical tools to help me in my weight-loss struggle...." Lysa also uses her very humanness and sense of humor to bring hope and help to these issues of food and how it affects my relationship with God.... "As I read each day's devotional, two things happen: #1- I can't wait to read the next day's entry, and #2- I want hours to think about, reread, and absorb every word, till my soul is deeply touched. I know I'll read it over & over. A real gift from God." Surely some day, this author will come forth with a small adaptations, maybe with the help of her husband, so men can experience the presence and power of God in overcoming their own obese potential cravings. The Made to Crave Devotional: 60 Days to Craving God, Not Food should be "EVEN FOR (MEN) WHO DON'T CRAVE CARROTS." Until then, try reading it in the closet with a flashlight. The cost of "Made to Crave", the Devotional, and the Action Plan combined is less than the cost of one doctor visit, a month at the gym, a month's dues to a diet group, and you may save that amount next month on food purchase options. Sure this Action Plan is a group guide, but then you and God make a group, right?

I like that this book includes lists of food with carbs, fiber, etc. listed. Really like the Scripture verses to keep motivated and focused on God. I like that there is places to write personal thoughts or goals; able to keep track of weight loss and measurements. This is a great, fun way to lose weight and not

have to endure the guilt placed on you by others.

This book/dvd was exactly what I thought it would be and has already been very helpful. It came quickly and I am pleased with my purchase.

Brilliant way to focus on healthy eating with Bible Study but I think it worked so well because I was doing it in conjunction with others and had already read Made to Crave. First time I have lost weight and it has stayed off and helps focus on spiritual relationship with God.

I read 'Made to Crave' 3 times. Needless to say I loved it so when I found the companion to it, I was delighted. I found it very helpful.

This book is a great help with the weight loss journey. It is a wonderful companion to the "Made to Crave" book.

I'm using this Participant's Guide with the Proverbs 31 Made to Crave Action Plan online Bible Study. The study is very informative, and the e-book is useful. But if you plan to use it with an online Bible Study, I would recommend purchasing the paper copy instead of the e-book, since adding notes after listening to the weekly teaching and then referring back to them is more difficult with this format. Even without the online study and videos, this book includes much helpful information about how to improve your diet and nutrition. The book is full of practical suggestions concerning how to increase fiber in your diet (and the benefits of doing this), the different types of dietary fat and which ones we need to avoid, the most nutritious fruits and vegetables and their benefits, and many other things. And this is balanced with spiritual insights that provide help in putting food in a proper place in our lives. I highly recommend both the original Made to Crave book and the follow-up Action Plan.

I love the book Made to Crave! I would suggest reading that instead of this. If you already read "Made to Crave" and are looking for more I may suggest this but be warned that if you have a family you are cooking for most of this is unrealistic. They want you to eat a lot of fish and other no mainstream items. That is great in theory but I have 2 young boys that will not eat fish! They did have other suggestions like eating 25 grams of Fiber and so on. But overall I didn't find enough of it realistic for my life.

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