

Welcome!

If you're discouraged by past failures at losing weight or keeping it off...

If you wonder whether food and weight really matter to God...

If you want to change, but just not *yet*...

Or if you DO want to change but don't know how...

-- this book is for you!

For the person who's discouraged:

You think you've tried and failed. But really, you've tried diets, and found them unlivable. And/or you've tried methods, and found them imperfect. But instead of seeing that as failure, consider it research. You've explored and eliminated some things that don't work for you. Or you've identified approaches you might need to revisit and figure out why they didn't work, so you can assess whether any part is worth tweaking and trying again.

(And -- spoiler alert! -- if your idea of a healthy diet involves low fat everything, a deprivation mindset, and counting calories forever, I've got some good news for you!)

For the person who wonders whether God really cares what we eat or what we weigh:

We'll look at scripture for more detail, but briefly, God wants what's best for you, and your food and your weight are an important part of the whole picture. Yes, your heart and your soul are the eternal parts of you, but your body is important for your time on earth -- and it was custom-made for you by God -- so I hope to convince you it's worth taking good care of. And reassure you that you can do it!

For the person who:

- **knows they probably need to change but just isn't motivated right now,**
- **thinks it would better to put it off a while, or**
- **is overwhelmed at how much time and effort it will take.**

Oh, I get that! Believe me, I do! I lived there for years. My radical changes were mostly made in small steps, over the course of many years, until I found what works for me as an ongoing way of life. I think that, for most of us, that's the best way to ensure that change becomes permanent.

Plus, I've come to realize that thinking about change and preparing for change is an important part of the process! So this book is designed to be self-paced, giving you plenty of time to think things through and get ready to move in your own time, and to choose which steps you want to start with, and when to move on.

For the person who's eager and ready to lose some weight and get healthy, but doesn't know where to start, or is confused by all the options.

I've been avidly researching food, nutrition, and health for ten years, and I've been in the trenches myself changing my own stubborn habits and long-held misconceptions. Two years ago, I began really applying what I'd learned. I lost 32 pounds in six months, but here's the bigger news: the weight has stayed off and I feel better than I have in thirty years! More energy, more focus, less pain, less fatigue – these are the best payoff!

*What made me **willing and able** to live this way forever
was changing **what** I ate and **why** I ate.*

And that's what I focus on in this book.

As my knowledge about the strong connection between food and health grew, I found a deeper motivation to change than just fitting in smaller sized clothes. The deeper

motivation (the *why*) changed my willingness make uncomfortable sacrifices in my diet (the *what*). But over time, the change in *what* I ate also retuned *why* I eat. Whereas before, the frequency and amount of food I ate was largely driven by emotional eating coupled with addiction-creating foods, now my eating is 95% driven only by genuine physical hunger.

I want to help you get there, too. We'll dig into **why** you eat, and **what** to eat. We'll explore various aspects of the why: your relationship with yourself, with others, and with food. We'll talk about grace. A lot! And regarding what to eat, I'll walk you through all the nutrition angles and present various approaches. I'll also guide you through some smart preparation to help you start off on the right foot and continue successfully.

In short, my approach:

- uses both cutting-edge news and ancient wisdom in nutrition;
- is grace-focused, not guilt-provoking;
- encourages you to move forward intentionally, not impulsively;
- looks to Scripture for inspiration and instruction;
- and is tailored to you.

First step: learn about your four hungers. Read on!