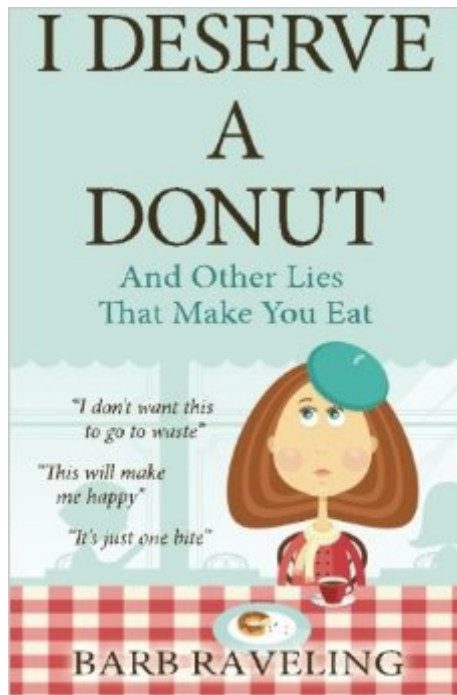


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# I Deserve A Donut (And Other Lies That Make You Eat): A Christian Weight Loss Resource



## Synopsis

When you're in a tempting situation, all you can think of is the food. How good it looks. How good it smells. How good it will taste. What you need is a way to break the hold food has on you. *I Deserve a Donut* will help. It is a hands-on, use-it-in-the-thick-of-the-battle book that will help you renew your mind right when you need it. It's filled with 150+ Bible verses, 37 sets of questions, and 20 sets of tips—all specifically chosen to help you take off the lies that make you eat and put on the truth that will set you free. As you renew your mind, you'll notice your desires changing. You'll actually want to follow your boundaries. And that will make it easier to say no to the donut. If you'd like a companion Bible study to this book, check out *Taste for Truth: A 30 Day Weight Loss Bible Study*, also by Barb Raveling. Both books can be used alongside any healthy weight loss program.

## Book Information

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## Customer Reviews

This book is what I have been looking for for years. I have battled emotional eating and have tried every diet in the book!!! This book finally gets to the bottom of what my real problem is....emotional eating. For example, I used the journaling and questions about anger and annoyance before Thanksgiving when I would have to be around someone who really pushes all my buttons. I was not only able to not eat my way through the week of Thanksgiving, I have also made some progress in that relationship, thereby easing my need to eat!!! While this is not a diet book in and of itself, it gave me the missing piece to use with the diet I have chosen to work through the non-hunger reasons I eat. I have lost 70 lbs, and am still making progress!! Thank you Barb, for sharing your thoughts with

us!!

"I Deserve a Donut: And Other Lies That Make You Eat" isn't a Self-Help Book- it's a God-Help Book! This book can revolutionize your life because it isn't focused on YOUR ability or willpower to change things; it focuses on the Word of God and who you are in Him. This book will help you look at life through the lens of God's truths. It will change your thinking, which will change your actions. Best of all, it isn't just for Eating Habits. I use it for all sorts of behaviors such as worry, perfectionism, procrastination, rejection, and so on. You don't have to read it cover to cover- just pick the area's you're struggling with at the moment and read through the questions and Bible Scriptures. Also, this book is meant to be read more than one time. So it's a great investment for your money.

I have been using Barb Raveling's resources for about 6 years now, and the transformation in my own thinking --and my resulting behavior is incredible. Though I do not really struggle with over-eating, I do struggle with perfectionism, judgmentalism, pride, insecurity, etc. The questions posed in this little book are those which lead the reader back to an evaluation of Truth in any given situation. As a result of using the questions and suggestions prayerfully and diligently I have been growing in my ability to let go of many of the lies which have held my thoughts and behaviors captive for so long. With each passing year of applying the Scriptural principles of renewing my mind with the Truth, I am becoming increasingly free, and better able to love well. This little resource packs HUGE transformative potential for those who will apply it with Biblical Truth and prayerful submission. I recommend this book not only to anyone who has a desire for changed behavior (and a changed body), but for anyone who is ready for real tangible spiritual growth as well.

Thank you, Holy Spirit, for speaking to us through Barb in this book. I will turn to it for reference when I'm struggling with food related issues, as well as other emotional and spiritual issues. It helps with the Scripture to address where our hope and mercy can be found in our Lord. It's already helped me identify the way I had made food an idol, how detestable that is to God. I try so hard to be obedient in other aspects of my life. Why is it so hard to be obedient when it comes to food? I know this book will help others. I have downloaded Taste for Truth and the Bible study leader's guide. I'm taking it to my church for consideration to be added to our ministry opportunities. Hopefully I'll be able to lead a Bible study and help others as I help myself.

This book is wonderful!! It is like NO other Christian diet book I've purchased in the past. This actually is not a diet book. She makes you think thru why you want to eat. Its like having a close friend talk to you. She even has an app that is wonderful. I now own all of her books.

While the questions are almost the same for each chapter, they really do help you think things through. I LOVE the bible verses included in each chapter. I bought a copy for all the women in my weight loss group at church.

Barb Raveling has a gift for asking the right questions and providing the right scriptures to really make you think and pray deeply about emotional eating, which is fundamentally a spiritual problem. As I have worked through the questions I feel my mind, heart, and spirit engaged. I don't have to rely upon my own weak will power. Now I can access the power of God to help me to resist the temptation to indulge in sweet fatty substances that are not good for me. It makes a good companion to Barb Raveling's other book, Freedom From Emotional Eating. I have struggled for 53 years, and even knowing that what I was eating was raising my cholesterol, increasing my obesity, and making me risk diabetes or heart disease was not enough to stop me. Now as I have read, studied, answered the questions and pondered scripture, there is a peace and freedom that I have never had before. If you love God and want freedom from emotional eating, you need this book.

This book is very simple, but very helpful. For every category of eating (emotional eating, procrastination eating, entitlement eating, etc.) there is a list of questions you can ask yourself, a list of Scriptures you can read, and some practical tips. Many of the questions overlap since they are applicable in most of the categories. Many of the Scriptures overlap as well. (So don't set your expectations that each category has a unique set of questions.). This book is intended to serve as a tool that will get you to change the way you think about eating. I love it.

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