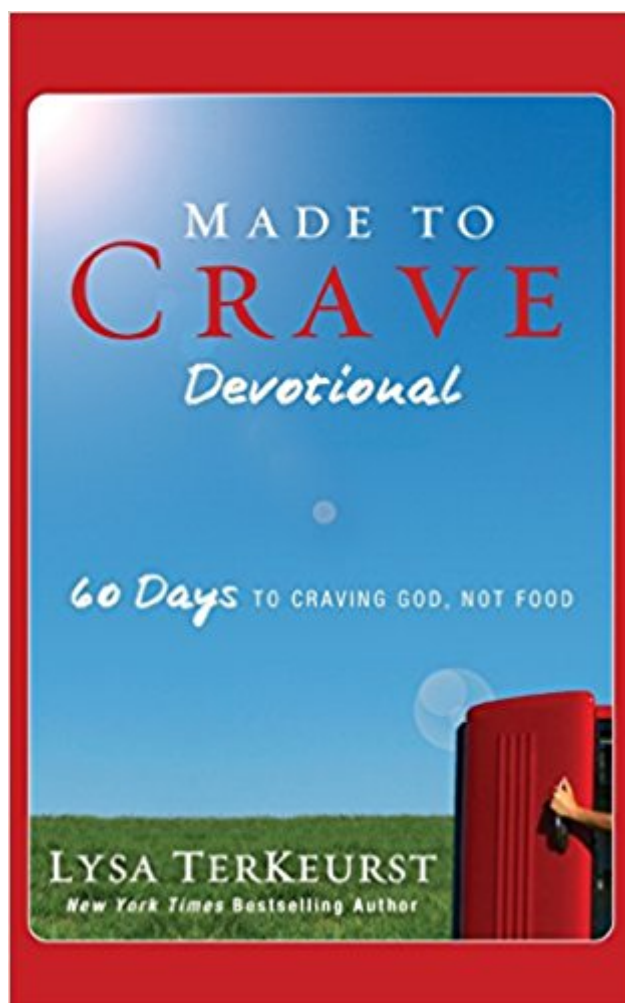


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# Made To Crave Devotional: 60 Days To Craving God, Not Food



## Synopsis

Last year, author Lysa TerKeurst released the book *Made to Crave*, providing the Biblical answer to why people diet, regain the weight they lose, and continue to find themselves stuck in this vicious cycle. *Made to Crave* helped thousands of people finally achieve victory in their weight loss journey. But, according to TerKeurst, "We need more than 19 chapters to stay motivated and on track. That's why I wrote this daily devotional with 60 inspirational entries. There is plenty of new material not in the original book. Rest assured, I also included your favorite nuggets of wisdom from *Made to Crave*." Just like the *Made to Crave* book, this *Made to Crave Devotional* is not a how-to get healthy book. It is the road to finding the lasting "want to" that extends far beyond the surface issues of weighing less and wanting to wear a smaller clothes size. Says TerKeurst: "There's a spiritual battle going on. It's real. And it's amazing how perfectly the Bible gives us specific ways to find victory with our food struggles." Even for girls who don't crave carrots.

## Book Information

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## Customer Reviews

Lysa TerKeurst is president of Proverbs 31 Ministries and the New York Times' bestselling author of *Uninvited* and *The Best Yes*. She writes from her sticky farm table and lives with her family in North Carolina. Connect with her at [www.LysaTerKeurst.com](http://www.LysaTerKeurst.com).

Suffice it to say, I've been on a diet since I was 10. I was hesitant to buy this devotional after reading the book, because the author had a whopping 30 pounds to loose. I need to lose 30 pounds

a leg . . . and 30 for each arm. That said, I'm so glad I bought this devotional. It's hard to wear your struggles on the outside. So many things resonated with me for the first time in my life. I know how to eat healthily. I know how to exercise. But I'm not sure I really understood the God part. Now I do, and I'm so grateful. I can do this.

Love this little devotional book. My husband even picked it up and started reading it on his own. Recently, my husband was diagnosed with diabetes. We've had some good conversations about material TerKeurst presented in this book. It's been very encouraging.

Lysa is real. She is vulnerable, thoughtful and practical. She masterfully points out that overeating is a heart issue that results in a behavioral issue. This book encourages the reader to make healthy choices in relationship to food and exercise, but most importantly she points to Christ and his love for us and his power provided to us to change.

This book speaks about something that has tormented so many of us. Lysa's transparency testimony is transformational. It's the kind of truth we all need. This book along with other practices have allowed me to move from a "pass-fail" mentality to my new life, as a journey. This is huge for me. Thank you!

I love this book it is such a good daily devotional. Lysa Terkeurst is one of my favorites. I read her devotionals quite often.

The book was kind of hard for me to get into, but this devotional is wonderful!

This book had me motivated and inspired to not only get healthier and think about food differently, but to spend more time with God and lean on Him through my journey.

Amazing- each day I wonder how is this going to get better ( because it is so good )...But it does! Every day there's always a powerful "encouraging message !

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