



Lose It for Life Day by Day Devotional

Stephen Arterburn

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Lose It for Life is a uniquely balanced program that not only deals with the physical issues of overeating but also focuses on the emotional, mental, and often-missed spiritual factors related to weight loss to help readers achieve permanent results. This 365-day devotional will help you draw daily spiritual encouragement from the One who loves us most and is interested in every aspect of our lives--even our struggles with weight.

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