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Help! I'm a Slave to Food Download Online eBook Shannon Kay McCoy Free eBook PDF/ePub/Mobi/Mp3/Txt, A mini-book offering Biblical counsel at a practical level on the importance of self-discipline in the matter of diet and exercise.

Overeating is a silent, subtle, even respectable sin—but it hinders the spiritual growth and effectiveness of many, including Christians. Perhaps you struggle with it too. If so, this booklet can help you—not as a diet plan, but as a compass directing you to the heart of the problem and to the only solution: Jesus, the One who can bring you out of slavery into freedom.

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