

[PDF] Diet Alternative W/SG

HAMPTON DIANE - pdf download free book



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Description:

From the Back Cover A New Way to Live You want to lose weight. Sometimes you even manage to shed those pounds. But you always gain them back--and maybe a few extra. Diets treat the symptom and not the problem. Diane Hampton will revolutionize the way you look at food. You can find relief from the power food has over you. This is not a diet. There are no pills, no menus, and no foods to avoid. You won't have to count calories, fat grams, or carbohydrates. You can consume anything you desire and still lose weight: eat sweets, have a dessert, munch on chips and dip whenever you want. The Diet Alternative contains time-tested principles that get results. No diet can promise a consistent loss of 3-4 pounds a week, but The Diet Alternative isn't a diet. It's freedom. Learn to use

your body's natural "hungry" and "full" responses. Discover God's meal plan. Then keep the same size for the rest of your life!

About the Author Diane Hampton has traveled all over the country and abroad, teaching the Bible and ministering to people who are hurting. She is the first female vice president of Teen Challenge in St. Louis, a drug and alcohol rehabilitation program. She currently travels with Service International, a Christian humanitarian organization that helps to build shelters, aid in flood relief, and provide help in times of crisis in such places as Kosovo and Zimbabwe, as well as the States. Every Sunday for the last five years, Diane has taught the Scriptures at the West County Assembly of God in St. Louis. She has recently started a custom greeting card line, incorporating her love for both the photography and God's creation. Diane and her husband, Don, have been married for thirty-seven years and have two daughters.

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