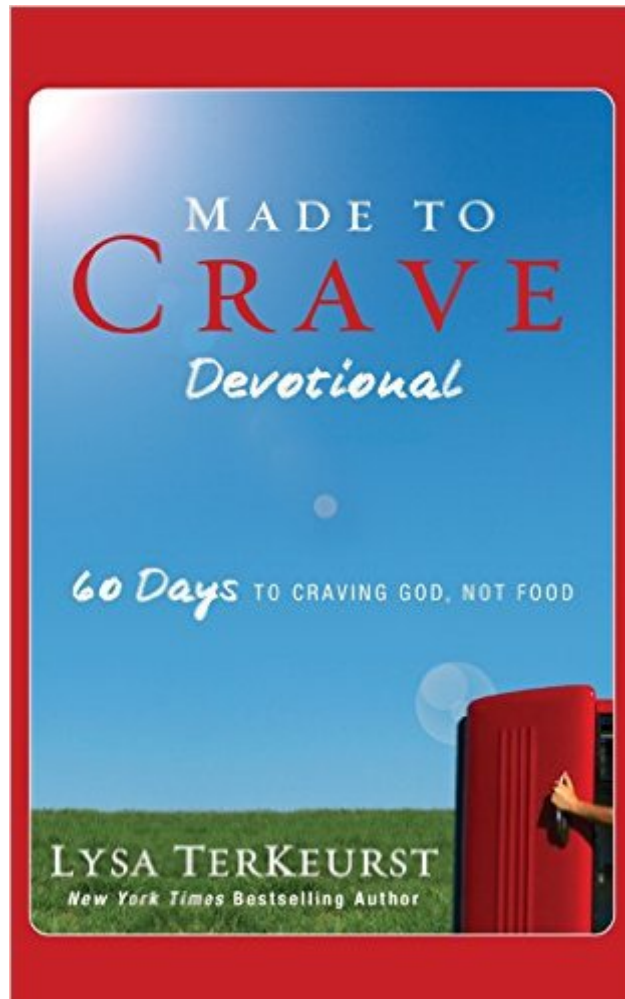


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# Made To Crave Devotional: 60 Days To Craving God, Not Food



## 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

My wife begged me to order this devotional. She so love the original book, yet reads and rereads it, and maintains her doctor approved weight, but with a great struggle. Craving. It's not a sin, not a curse, but can be a setback. Of course I said yes, and after some use ask her how she liked her new books, *Devotional & Action Plan*, from *Made to Crave*. "A POWERFUL, inspiring, encouraging, THOUGHT-PROVOKING devotional, just like the original 'Made to Crave' was," she said. "Thoroughly seasoned with scriptures that have been very practical tools to help me in my

weight-loss struggle...."Lysa also uses her very humanness and sense of humor to bring hope and help to these issues of food and how it affects my relationship with God...."As I read each day's devotional, two things happen: #1- I can't wait to read the next day's entry, and #2- I want hours to think about, reread, and absorb every word, till my soul is deeply touched. I know I'll read it over & over. A real gift from God."And she will read it over and over, like her favorite novels. She's winning the life long regaining battle, partially to to Crave books, part God's power, part her own. At 60+, she's beautiful, even hot (may I ad as her husband). OK, I cheated as a man and sneaked a look, read a few devotionals. I found a fault. It's written especially for women. Not right, we men have needs too, and the advice, the scriptures, the thoughts can work just as healthy with men. Men need God's helping hand in weight control too. This devotional should be "EVEN FOR (MEN) WHO DON'T CRAVE CARROTS."The cost of "Made to Crave", the Devotional, and the Action Plan combined is less than the cost of one doctor visit, a month at the gym, a month's dues to a diet group, and you may save that amount next month on food purchase options. I love my lovely weight-losing wife, SHE is worth the book cost.

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.

I read Made to Crave last year as part of a study group. I was excited to see Lysa made a devotional from the book, more excited to see that it contained some new material, and even more excited to see that there was a Kindle edition (and for half the price of the paperback version). I got a Kindle Fire for Christmas and am looking forward to using it for this devotional book as part of my New Year resolution to get back on track both with eating habits and my morning daily devotion routine. I have both participated and led Lysa TerKeurst studies as well as heard her speak at a women's event at my church. God uses Lysa to speak to women in such a powerful way because she is so approachable, so gifted at showing how God works in the everyday details of our lives, and how He loves us so completely even as we make mistakes. If you need a Made to Crave refresher like me, or if you want to get a taste (pun intended!) of Lysa's style in a devotional format, this book is for you.

My wife and I are reading through the daily devotional, along with the book, together. Even though this is written by a woman to women for weight loss, as a man I don't feel threatened by what she says. I feel I am gaining so much from it in several areas of my life. And it is helping me understand better the struggles my wife goes through in her battle with her weight. God made both my wife and me to crave, and the two of us are learning to crave more of Him, together. Also, the book and devotional arrived so much quicker than we thought they would. We are very pleased!!

In this last year of my 55 pound weight loss I've read this devotional twice, then worked through it with friends another two times! Great insight without ever making the weight loss journey about performance or perfectionism. Many of the concepts Lysa shared helped me adjust my thinking and contributed to my victory.

Like so many women I know, I have suffered through the roller-coaster of dieting, losing weight, gaining weight, feeling bad, then starting all over again. Until I read the book *Made to Crave* I didn't realize my cycle and eating disorder were truly an outer symptom of an inner struggle. This book and the devotional have changed my life for the better. The devotional is packed with 60 short, wisdom-filled devotions to help you be strong and keep relying on God for the strength to resist temptation and helps you crave God, not food. I can see this being a devotional I read more than once, as the truths in it won't ever get stale. Lysa TerKeurst writes like you are friends and she is just causally conversing with you, making her words relatable and making the book and devotional easy to read and process. I simply cannot say enough good things here. If you struggle with food issues or dieting issues, I 1000% recommend you pick up the book and this devotional and get a fresh perspective that will really help.

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