



If You Have a Craving, I Have a Cure: Refreshing Your Relationship with God through Food, Faith, and Fun

Sheri Rose Shepherd

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Life can be hard . . . but food, faith, and fun are three amazing gifts from God to satisfy and refresh us every day. Yet all too often, we focus primarily on what we can not *do*, and what we should not *eat*?which leaves us feeling deprived and depressed. Instead of being energized by following Christ, we waste our days feeling bored and burnt-out on our faith, while battling the guilt that comes from craving the food that we love. In *If You Have a Craving, I Have a Cure*, best-selling author and speaker Sheri Rose Shepherd encourages you to embark on a new adventure with faith and food. She reveals the food coaching tips that enabled her to lose over 50 pounds and keep it off, and shares fun recipes in celebration of the healthy, delicious food our God created for us to enjoy. It's time to let go of guilt, grab hold of grace, and recapture the life God craves for us to live! "Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!" (Psalm 34:8)

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From reader reviews:

Ilene Venne:

This book untitled If You Have a Craving, I Have a Cure: Refreshing Your Relationship with God through Food, Faith, and Fun to be one of several books that best seller in this year, here is because when you read this publication you can get a lot of benefit into it. You will easily to buy this particular book in the book shop or you can order it by way of online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Mobile phone. So there is no reason to you personally to past this e-book from your list.

Irma Hughes:

Precisely why? Because this If You Have a Craving, I Have a Cure: Refreshing Your Relationship with God through Food, Faith, and Fun is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book beside it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you because of not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have got such as help improving your skill and your critical thinking method. So , still want to delay having that book? If I had been you I will go to the guide store hurriedly.

Alexander Taylor:

Playing with family within a park, coming to see the coastal world or hanging out with pals is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love If You Have a Craving, I Have a Cure: Refreshing Your Relationship with God through Food, Faith, and Fun, you could enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

Tanya Caggiano:

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