

I'll Start Again Monday: Break the Cycle of Unhealthy Eating Habits with Lasting Spiritual Satisfaction

The Missing Companion for Healthy Eating Plans That Have Left You Feeling Defeated



Nashville, TN, (October, 2021) — So often we characterize our food cravings as bad or guilt inducing, especially when dieting has made us feel even more disappointed and defeated. But the reality is we were made to crave. We just need to realize God created us to crave more of *Him* instead of misplacing that craving by overindulging in physical pleasures and unhealthy choices that will never truly satisfy. In the midst of her own personal struggle with this, *New York Times* bestselling author Lysa TerKeurst invites us into a new perspective of permanent change to get out of the same old pattern of losing weight but then gaining it back.

In this newly revised and condensed version of *Made to Crave*, Lysa shows

you how to

- break the cycle of “I’ll start again Monday” and start taking steps toward consistency that lasts.
- stop agonizing over numbers on the scale and make peace with your body.
- replace rationalizations that lead to failure with wisdom that leads to victory.
- reach your healthy goals and grow closer to God through the process.

This is not a “how-to” book or the latest and greatest dieting plan. This is the necessary resource to use alongside whatever healthy lifestyle plan you choose that will help you find your “want to.” This message is what’s been missing in your journey toward sustainable success and health.

Lysa TerKeurst is president of Proverbs 31 Ministries and the #1 *New York Times* bestselling author of *Forgiving What You Can’t Forget*, *It’s Not Supposed to Be This Way*, *Uninvited*, and more. She writes from her gray farm table and lives with her family in North Carolina. Connect with her at www.LysaTerKeurst.com or on social media @LysaTerKeurst.

