



Walking in Grace (First Place 4 Health Bible Study Series)

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Most people who struggle with healthy eating and fitness feel guilty and ashamed—and it's sadly ironic that these two emotions often lead to compulsive overeating! The solution to the problem of emotional overeating is much deeper than avoiding the fridge—it's a heart-and-soul acknowledgement of God's grace. When we truly understand that God accepts and loves us, we can begin to heal the emotional wounds that have made us unhealthy for so long. *Walking in Grace*, a new Bible study from First Place 4 Health, will help participants understand their significance to God so that they can experience His freedom, live the abundant life and extend grace to others! Each First Place 4 Health Bible study contains 12 weeks of daily study to help members put Christ in first place. Based on proven techniques and 25 years of experience, First Place 4 Health is the most complete Christ-centered healthy living program available, and it has helped thousands of members create balance in the four core areas of their lives: emotional, spiritual, mental and physical. The results? Weight loss and total health from the inside out!

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Cheryl Phelps:

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Alvaro Holloway:

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