



# **Sweet Freedom Study Guide: Losing Weight and Keeping It Off With God's Help (The Sweet Series)**

## **(Volume 5)**

*Teresa Shields Parker*

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# **Sweet Freedom Study Guide: Losing Weight and Keeping It Off With God's Help (The Sweet Series) (Volume 5)**

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**How can I find freedom from my food addiction?**

Losing weight is physical. Keeping it off is emotional. Dealing with those sometimes debilitating emotions is very spiritual.

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