



# **The Dieter's Prayer Book: Spiritual Power and Daily Encouragement**

*Heather Kopp*

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# The Dieter's Prayer Book: Spiritual Power and Daily Encouragement

*Heather Kopp*

**The Dieter's Prayer Book: Spiritual Power and Daily Encouragement** Heather Kopp  
**Friendly Support. Daily Encouragement. Spiritual Empowerment.**

Diets and diet books have never been more popular. At the same time, recent studies show that Americans have never been more overweight. It's no wonder, then, that women who are trying to lose weight--be it 10 or 100 pounds--are among the most frequently discouraged people around. Every day we are faced with fridge wars, bad mirror moments, diets that don't work, skinny friends who can eat whatever they like, and husbands who reminisce about the size 8 they married.

Yet victory can be yours. Increasingly, scientific studies are indicating that in health matters, prayer works--and in *The Dieter's Prayer Book*, you'll find that daily ounce of spiritual encouragement you need. Not tied to any one particular diet, *The Dieter's Prayer Book* can be used in conjunction with any healthy-eating program, or on its own. Each day, these upbeat prayers will remind you what really matters, make you feel less alone, and empower you to achieve your goal of healthful living.

*From the Hardcover edition.*

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