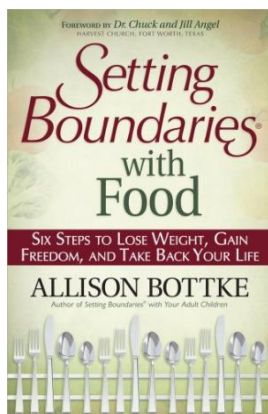


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SETTING BOUNDARIES WITH FOOD SIX STEPS TO LOSE WEIGHT, GAIN FREEDOM, AND TAKE BACK YOUR LIFE



Harvest House Publishers. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. For the fourth book in her popular Setting Boundaries series, Allison Bottke turns to our relationship with food, and a problem that affects more than 200 million Americans (68 percent of the adult population)--obesity. Setting Boundaries with Food is a very personal book for Allison. She knows from personal experience about the struggle against obesity--feeling trapped in a seemingly never-ending cycle of dieting, deprivation, and...

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