



Sweet Grace: How I Lost 250 Pounds And Stopped Trying To Earn God's Favor

Teresa Shields Parker

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It is possible to overcome food cravings and live free and healthy. Once weighing 430 pounds, Teresa Shields Parker tried every magic fix imaginable. After years of searching for the easy fix, she finally made a bold decision.

"I faced the fact that I was addicted to processed sugar and flour," she said. "I literally grieved just thinking about giving them up." Faced with a death sentence if she didn't lose weight with God's help she gave up what she craved and began walking choice by choice into freedom.

Sweet Grace chronicles her journey from childhood through adulthood. You will identify with many parts of the book.

Sweet Grace will challenge you. It may shock you at times. You may shed a tear. However, one thing is sure, you will never again be able to say you don't know what to do to become healthy.

If you are ready, really ready, to change your life. If you really want to lose weight and live free and healthy, I dare you to read this book. You'll be glad you did.

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Michael Torres:

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