



**A Christian Woman's Journal To Weight Loss: A 52-Week Guide to Losing Weight  
with the Word by Patricia Thomas**

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Perfect for fundraisers or for group study**

*Your word is a lamp to my feet and a light to my path. Psalm 119:105.*

52 weeks. 52 scriptures. 52 reflections. 52 pages for you to write your own reflections.

When you decide to lose weight, it can often be a struggle. As Christian women, we know that the word of God is our very present help in time of need. Patricia Thomas's husband bought her a journal as she began her weight loss journey. She never planned to use it. But, one day he began writing down the scriptures that gave her encouragement, and she related them to her weight loss challenges. She realized that the word was very clear on how to handle this issue victoriously. *A Christian Woman's Journal to Weight Loss* can help you, too. In a week-by-week format, this book includes the 52 scriptures that Patricia relied on and her reflections on how those scriptures helped her face her weight loss challenges. The book follows each scripture with a journaling prompt that the reader can use to help her focus that scripture on her weight loss challenges and record her own reflections.

“The combination of the spiritual along with the practical gave [the author] the insight as well as the strength to walk through this particular season in her life. Those who are really sincere about losing weight and developing a healthy lifestyle will benefit and be blessed as they follow her journey and stick to their own plan on the strong days as well as the weak days.” Pastor Taijuan and Torica Fuller, Mt. Moriah Baptist Church, Lincoln Heights, Ohio

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The Elevator Group....Helping People Rise Above™

*“A Christian Woman’s Journal to Weight Loss is a beautiful and inspirational book that shows women how they can use the word of God to provide them with support and with guidance as they face their challenges with weight loss and, in fact, other challenges to leading an abundant life.” –Sheilah Vance, President & CEO, The Elevator Group; author, *Land Mines* and *Chasing the 400**

"Just when I thought I would give up and accept the weight I had gained, God sent a guide to me. A journal and the word to help me. Since beginning to read the book I have lost weight and my mind has changed about my health and wellness. I am so looking forward to continuing this walk with God and reaching my goal." -- Tracey Artis, CEO, I Hear Music, Inc.

"I loved this book. Patricia Thomas is a gifted author whose practical wisdom serves to unite and inspire. She has the unique ability to describe our common frustrations and use them to motivate us to live our best lives as God intended for us. I highly recommend this interactive journal as a tool for all of us who strive to improve ourselves, not just in weight control, but in other areas of our life as well."--Laura K. White, M.D.

About the Author: Patricia Thomas is a resident of Liberty Township, Ohio. She studied Public and Environmental Affairs at Indiana University. She has over 20 years of Corporate Training, Curriculum Development and Project Management experience. She also leads “Fit For the Fight” workshops to empower women to make themselves a priority and become healthy in spirit, mind, and body.



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