

Coming in January 2009  
The highly anticipated:

## **A Christian Woman's Journal To Weight Loss**

A 52-Week Guide to Losing Weight with the Word

by Patricia L. Thomas

ISBN: 978-0-9820384-0-6 Hardcover Price: \$15.95 120 pp.

Available at bookstores everywhere, on-line booksellers and at [www.TheElevatorGroup.com](http://www.TheElevatorGroup.com).

The author has written a life changing book, with the goal of empowering women to become healthy in spirit, mind, and body. Please review the media kit and forward questions and/or additional information requests to The Elevator Group Publishing Company. Early review copies of the book can be sent upon request.

**To arrange book signings, schedule interviews or workshops contact  
Patricia L. Thomas at [patricialthomas@aol.com](mailto:patricialthomas@aol.com)**

**To order books in bulk, contact The Elevator Group Faith, PO Box 207, Paoli, PA 19301  
610-296-4966 • [info@TheElevatorGroup.com](mailto:info@TheElevatorGroup.com)**

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### *From the Author*

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*"Like most women who are overweight, I wanted to find a personal solution that worked. I wasn't interested in quick-fix drug options or limiting fad diets. I wanted something with lasting results. If you are battling with a weight issue, I can only hope that reading 'A Christian Woman's Journal to Weight Loss', will be as inspirational and life changing for you as it was for me, allowing you to experience the fulfillment of achieving a positive self image and your weight loss goal. The benefits of weight loss are priceless. Becoming strong in spirit, mind and body can allow you to reclaim what every woman deserves: her health, her energy, her relationships, her life."*

*Patricia L. Thomas*

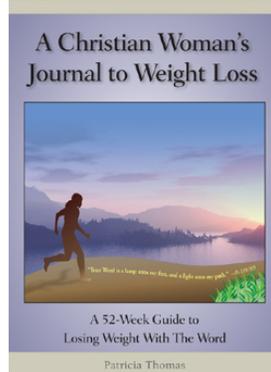


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*Your word is a lamp to my feet and a light to my path. Psalm 119:105.*

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

When you make the decision 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' husband bought her a journal as she began her weight loss journey. She never planned to use it. But, one day she 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: A 52-Week Guide to Losing Weight With the Word* can help you, too. In a week-by-week format, this book includes the 52 scriptures that Patricia relied on and her reflections on those scriptures. The book follows each scripture with a journaling prompt also allowing the reader to focus that scripture on their personal weight loss challenges and record her own reflections. Perfect for individual or group study (discounts for group sales).

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*"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



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A conversation with **Patricia L. Thomas,**  
author of **“A Christian Woman’s Journal To Weight Loss”**  
**A 52-Week Guide to Losing Weight with the Word**

**Is it true you had no plans on publishing your Journal?**

Yes, that is true. I had struggled with my weight for years after having my children, and I just accepted that this was the way it was going to be. For my birthday one year my husband gave me a Journal along with other gifts, and although I appreciated the gesture, I had not planned on using it. However, during my quiet time, I started writing down scriptures that strengthened and encouraged me, and I have been writing ever since.

In the Journal, I began to apply these scriptures to my weight loss experiences. I noticed how the journal was making a difference for me, and I had to agree to publish it. I hope that it will be a source of strength and accomplishment for other women as well.

**What made you decide you could or would lose the weight?**

Well, I looked around one day, and I saw that I was caring for the people and things around me, but I wasn’t taking care of me. I was trying to be the best Wife, Mother, Daughter, Sister, Aunt and Friend I could be. But there was usually very little or no time left for me. I had to learn to schedule time for myself. I didn’t see this as being selfish, but responsible.

**Why do you think weight loss is such a challenge?**

Weight loss was a challenge for me because I thought I loved food, and I was willing to accept that. However, as I began to journal, I realized it wasn’t that I just loved food; I was using food to fill other voids in my life.

Also, I have to be honest: I grew up with cooks, and I learned to enjoy food at an early age. You name it, we had it, every week!! This was how we loved, celebrated and enjoyed good company, we ate. Although I count it a blessing to have these wonderful memories of cooking and fellowship, I had to begin to look at food differently. In order to reach my goal, I had to go through a transformation, considering what and why I ate. I still enjoy food, but not as much as I enjoy being a healthier, stronger me.

Let’s face it, food is everywhere. It is acceptable to eat. So losing weight when you are surrounded by your weakness is a challenge. In the book I discuss the transformation that needs to take place within, in order to eat and live a more balanced life. It is a process.

**Is weight loss important in a spiritual sense?**

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.  
1 Corinthians 6:19, 20*

This scripture not only convicted me, but what a way to be reminded that my body is a precious gift from God. Although I wasn’t feeling very precious, I had to begin to see myself as God sees me. I decided that I deserve so much more than a few pieces of cheesecake, a bag of potato chips, or jumbo size fries. My cholesterol was borderline, my energy level was low, and I didn’t feel very victorious. This was not God’s plan, so I had to replace my agenda with His. As the pounds began to shed, my cholesterol went down, and through His grace I am a conquerer. I look at it like this: as I take care of His temple, He is really taking care of me.



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Introducing **Patricia L. Thomas**

Author of

## **“A Christian Woman’s Journal to Weight Loss”**

A 52-Week Guide to Losing Weight with the Word

**Patricia Thomas** was born and raised in Fort Wayne, Indiana. She studied Public and Environmental Affairs at Indiana University in Bloomington, Indiana and graduated with a Bachelor of Science degree in 1986. She has 15 years of experience in corporate training, training development and project management.

Patricia has had many highlights in her corporate career. She has been a featured guest on a local talk show as an advocate for higher education. She was nationally certified to conduct the following seminars: Seven Habits of Highly Successful People, Franklin Planner Time Management Strategies, Sales Training and Gaining Employment Workshops. Patricia has worked with writing consultants to develop new hire training material, and she also had the opportunity to launch a corporate library for a Fortune 50 Company.

Patricia currently lives in Liberty Township, Ohio. She is an active member of the Mt. Moriah Missionary Baptist Church. She loves the Lord and serves in her church and community in many ways. She is the secretary of the Deaconess Board, and ministry leader of the Scholarship Committee. She works with numerous community organizations, including volunteering at the elementary and junior schools in her district. Over the years she has also taught Sunday school, co-facilitated an Excellent Wives class, participated in a mentoring program, and city charity drives.

Patricia has been married for 17 years to Ken Thomas. They have two daughters, Kendra, 14, and Meagan, 9. Patricia has been a stay-at-home-mom for several years. She returned to work part-time in 2004, allowing her the opportunity to explore her passion for writing.



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