



# If My Body Is a Temple, Why Am I Eating Doughnuts?

*Carol Howell*

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## **If My Body Is a Temple, Why Am I Eating Doughnuts?** Carol Howell

Here is what some are saying about Carol Howell's work: ""The ultimate 'walk' is our walk with God each day. I am so excited for your readers to get inspired by your journey, Carol. Keep 'WALKING BY FAITH', my friend." -- Leslie Sansone - "Walk Away The Pounds" If you have ever tried to lose weight, felt the crushing burden of failure, looked at yourself in the mirror with disgust, or wondered if God loves you, then the message found in *If My Body Is A Temple, Why Am I Eating Doughnuts?* will resonate with you. Written by Carol Howell, this upbeat, positive and sometimes humorous 9-week devotional self help title offers a unique approach to losing weight, gaining self-confidence, but, more importantly, understanding how God feels about the person you are right now. It has taken Carol most of her adult life to learn that ultimately the only perspective that mattered was God's and to understand her need to love herself in a healthy way that pleased Him. This realization brought about rewards and changed her body. Through the sharing of Carol's personal life experiences struggling to lose weight the reader of *If My Body Is A Temple, Why Am I Eating Doughnuts?* will tackle issues ranging from God's love for us, God's view on food and His take on self-esteem. Each week begins with a lighthearted "Personal Reflections" page from the author's experience relating to that weeks topic, followed by a Monday through Friday devotion that correlates with the subject. The week finishes with an activity for Saturday and Sunday that will range from thoughtful meditation to cooking or even exercise. The book ends with several healthy recipes and exercises, as well as a listing of "Things My Momma Said and other Southern Sayings". This fun page, meant to bring a smile to the reader, lists sayings the author heard throughout her life, never really understood, yet found herself repeating.

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