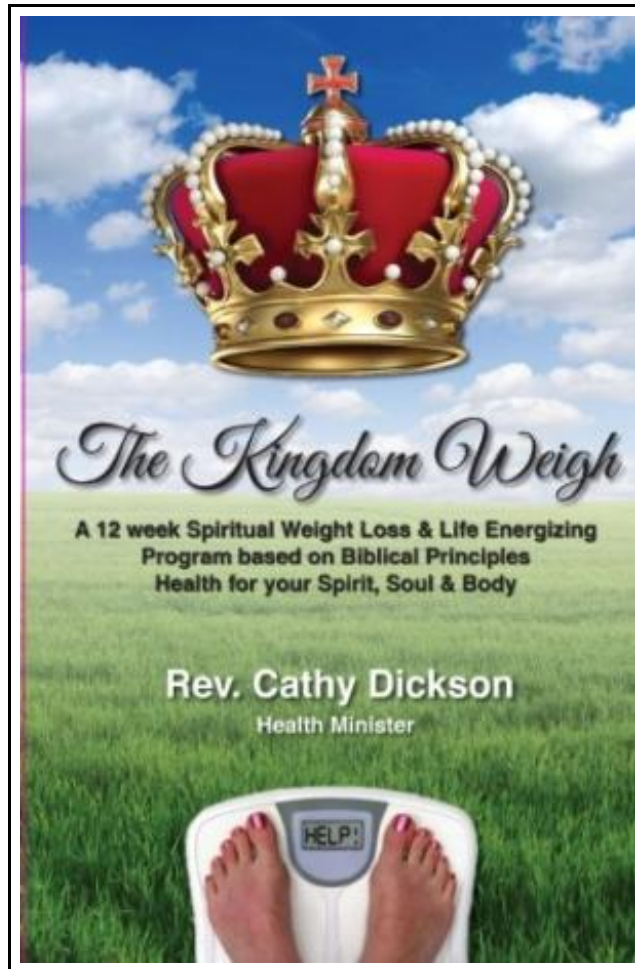


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Cathy Dickson, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Kingdom Weigh is a 12 Week Spiritual Weight Loss Life Enhancement Program based on Biblical Principles. Health for your Spirit, Soul Body. Each week consists of a lesson incorporating some science, current trends and practical applications with homework assignments. Originally intended to be presented as a workbook to accompany workshops presented by Rev. Cathy. Workshops are available. Offering a 1 day mini or 4 day full 12 lesson program, each of those with extensive research and power-points, songs or videos to accompany teachings. This book is so life transforming that it can stand alone as a workbook with just the mini lessons in each chapter. Although this book focuses on the battles that we face in our physical bodies; it applies to the weights that so easily beset us, weights of addictions of all sorts, of bondages of any kind that weigh us down in life so that we are not living our life to its fullness. Jesus came to give us life more abundantly. That life comes only through relationship with Him and the renewal of our minds. One of my favourite chapters in the book is on the 10 Plagues of Egypt and how each one represents the battles that we have in our minds to overcome our addictions, and weights. Think of the frogs, they jump here and there just like you in your faith, jumping from one thing to another. A double minded man is unstable in all his ways. This book will bring stability and strength to the reader as his/her focus is conformed to a steadfastness in Truth Love. Here is a brief outline of each week (chapter). I...

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