



# Why Diets Don't Work: Food Is Not The Problem

*Joyce Tilney*

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**Why Diets Don't Work: Food Is Not The Problem** Joyce Tilney

**This is not another diet plan, it is a battle plan!**

This is a battle plan with a unique strategy for success.

This book will enlighten and help you realize you can put down the shame, anger, resentment and struggle of weight issues.

There is a power greater than their taste buds! Get off the roller coaster of fighting the 'battle of the bulge' by understanding this is a spiritual problem. Stop making the diet programs of the world rich while you stay angry!

It all started in the garden. *“So when the woman saw that the tree was good for food, that it was pleasant to the eyes and a tree desirable to make one wise, she took of its fruit and ate...”* (Genesis 3:6). It looked good and she ate! Satan always baits deception with a little bit of truth. He always tells you the short term pleasure, not the long term effect.

We do the same today, if it looks good we eat it, without any thought to the consequences in our body. Eating for pleasure, not nutrition.

We know from the news that there is an obesity epidemic and the diet industry is a multi-million dollar business, but we are still obese!

How do we stop this? When we see the truth from God's Word. **Food is not the problem. Like Eve we have been given a free will to make choices for ourselves.**

You will find truths in this book that will set you free from Satan's bondage and bring health to your spirit, soul and body - your whole person!

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