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Group Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.9in. x 6.0in. x 0.3in. Six Bible study sessions for personal or small group study. Explore healthy eating, and discover your true identity in Christ! Many girls and women struggle with an unhealthy body image and an unhealthy relationship with food. They're desperate for healing. We're bombarded with messages about being thin and having a perfect body. We're obsessed with what we put in our mouths and the number on the scale....

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