



# You Are Not What You Weigh: End Your War With Food and Discover Your True Value

*Lisa Bevere*

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It is time for women to stop measuring themselves by the numbers on the scale! How many women out there are tired of the tyranny of dieting? Millions! With candor and a gentle spirit, Lisa Bevere shares powerful insights and liberating principles she discovered through her own personal struggles with weight. This life-changing book will empower women to:

- Learn how to identify and maintain an ideal weight
- Discover riveting truths from God's Word that will deliver them from the lies of the world
- Trade their self-consciousness for a deeper consciousness of God
- Break free from the destructive cycle of dieting

This book also features inspiring testimonies since the original publishing in August 1999.

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