



Journey to Healthy Living: Freedom from Body Image and Food Issues (Journey to Freedom)

Scott Reall

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Stop being controlled by food and physical appearance. Based on the *Journey to Freedom Manual*, this study guide is about learning to deal with life-controlling food issues, no matter what they are-weight loss, eating disorders, food addictions, or body image issues. Like the other study guides in the Journey to Freedom series, this study will focus specifically on body issues, while helping people change the things in their life that keep them from fulfilling their purpose and living their life to its fullest potential.

Other guides in the series include:

The Journey to a Life of Significance: Freedom from Low Self Esteem **978-1-4185-0770-1**

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