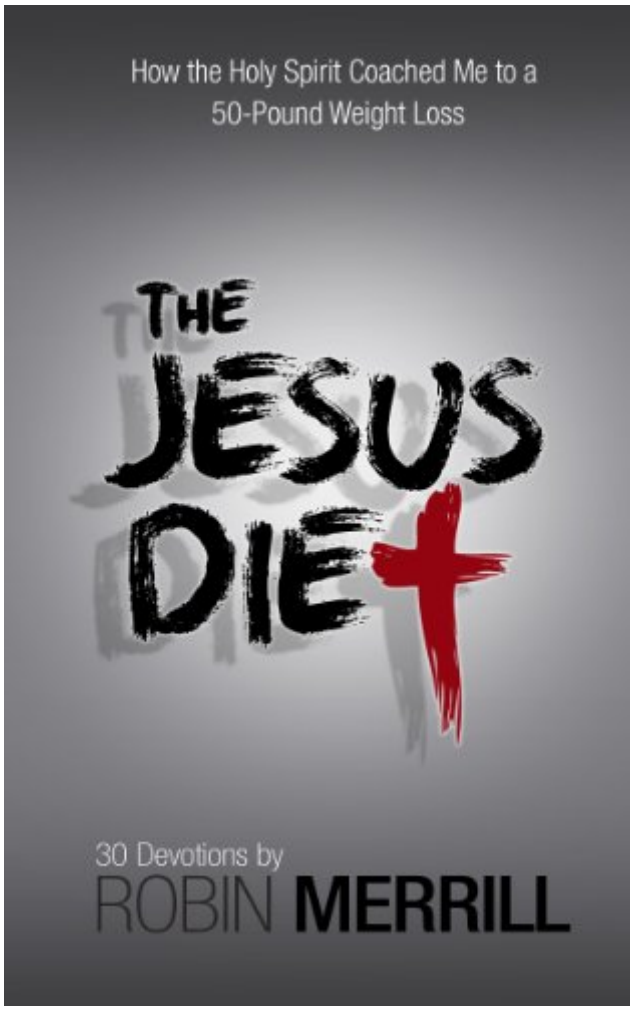
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The Jesus Diet: How The Holy Spirit Coached Me To A 50-Pound Weight Loss



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Synopsis

In The Jesus Diet: How the Holy Spirit Coached Me to a 50-Pound Weight Loss, Author/Poet Robin Merrill shares her weight loss experiences through 30 Bible devotions designed to inspire others to join her on her journey toward improved spiritual, and physical, health.

Book Information

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Customer Reviews

As someone who has had a lifelong interest in world religions and a longtime focus on the treatment of addiction, this book sort of turned me on my head. It’s not only very thought-provoking, but the author’s voice is so authentic, inclusive, and humble, that it broke through my 30-year-long block against Christian writing. I found myself as able to read Merrill’s proclamations of faith and discussions of theory and practice with as much open-mindedness and acceptance as I can those from Hindus, Buddhists, Jews, advaitists, earth-based celebrants, and all the others that don’t push my buttons. Raised Episcopalian and having started my life on the spiritual path in Young Life, I

quickly turned away from Christianity when it turned judgmental, so this was no small feat: no author since CS Lewis has accomplished this! But this book, unapologetically, undefensively, unquestionably Christian in its process and outlook, demonstrates such a deep connection with the truth of the divine and its practical application to everyday lifeÃƒÂ¢Ã â ¬Ã â •particularly facing and standing up to one's demonsÃƒÂ¢Ã â ¬Ã â •that it rises beyond the usual recruitment and exceptionalist message to the bigger truth that lies at the heart of Spirit itself. In fact, some really hard concepts like sacrifice/death/crucifixion, temptation, forgiveness, surrender, supplication, world vs. spirit, and more have never been so well-demonstrated, so simply shown in anything I've read as Robin Merrill does in this simple, honest book.Merrill's voice is so personal, so real, and her craft so well-honed, that the book is a plain, good read. I tore through it in two days, enjoying the sentences, the ride, and the inspiration. But I could have lingered over it just as happily. "The Jesus Diet" worked as my spiritual reading of the week. And I cannot get her process of appealing to the Divine for help on every level out of my head. Whether you like to read Christian theology, twelve-step practices, or the Vedas, this comes highly recommended.

This book has been a life saver for me. After my devotions I always use THE JESUS DIET as my second devotion. I have it on my tablet my phone and my computer and I also carry the book with me in my purse. I am never without thiS BOOK. I am a pastor and I am using this book. The JESUS diet as a BIBLE study. Thank you Robin for allowing God to use you to help others.

I can pick this book up and use it over and over for daily meditation and prayer on my own weightloss journey. I had tried every diet and program ever written and until I saw my weight as a spiritual issue I would have never got anywhere. My weight is down 35 pounds since I've been "Praying my weight off". Robin feels like a trusted sister who knows my heart and can put my prayers into words, so that I can have a closer relationship with Him and his guidance. The way the scriptures are noted to help me understand the Word of God in such a personal way is truly inspired by the Holy Spirit. Thank you, Robin!!!

A small size book that has such important and outstanding information on how to loose weight. Loved it and her second book also, wish she would write another book. The information in this book has been so useful in using for the diet group I am leading in my church. I knew what I wanted to do-- and am delighted that I found someone who has already done this and helps explain things better.

I have been on the diet roller coaster most of my life. I know that this is a spiritual battle and this author has lived it and knows how to spiritually equip someone who is struggling with eating. I will read and re-read it. It is full of the Word of God and nothing but true, spiritual advice.

This book is so spirit filled. I could literally feel the prayers changing me. Thank you Lord for giving the author her message and story to share!

Although I found some of the devotions much more meaningful than others, thereÃƒÂ¢Ã â ¬Ã â„¢s still important truths presented. Yet, this is not a how-to. The author shares her journey of using Scripture and applying it to losing weight. ItÃƒÂ¢Ã â ¬Ã â„¢s left up to readers on how to best apply it for themselves, and I think this is best.

This book was short and simple, yet it brought fourth some powerful principles to aid anyone believer or not in the psychological aspect of weight-loss. This is not a diet book, it's not about a plan or exercise. You will not find any information about calories or fads, what you will find is strategy. There are biblical based strategic tactics in how to battle over eating, emotional eating, unwise eating, and motivation to take care of your body as God wills in your life. Thank you for writing this, and I encourage people to read it.

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