

# Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits. 272 pages. 2004. 9780736914383. Harvest House Publishers, 2004. Elyse Fitzpatrick

Love to Eat, Hate to Eat, Breaking the Bondage of Destructive Eating Habits by Elyse Fitzpatrick is one of my all-time favorite Christian weight loss books. Elyse targets the state of the heart when it comes to food, above all else. Rather than providing a checklist of what to eat, she provides a spiritual checklist to review at each meal. Questions such as, "Does this particular food demonstrate a heart of independence?" and "If I eat this, will it create an inroad for sin?" are used to examine our motives. Elyse does recommend finding a healthy eating plan, although there are very few specifics. She has authored more than a dozen books, including Love to Eat, Hate to Eat. She and her husband, Phil, have three grown children as well as grandchildren. Start reading Love to Eat, Hate to Eat on your Kindle in under a minute. Don't have a Kindle? Get your Kindle here, or download a FREE Kindle Reading App. I got this book to help me change my eating habits as I'm trying to lose weight. I haven't actually started it yet, but I was flipping through it and came across the author's opinions on anorexia and bulimia. I'm so appalled that I'm unsure if I will actually read the book. Why? She states that eating disorders are in essence not real diseases, such as something like MS, but they are "psychological BEHAVIORS" which come from sin and need to be taught how to change. Love to Eat, Hate to Eat. Breaking the Bondage of Destructive Eating Habits. This edition published in August 15, 2004 by Harvest House Publishers. First Sentence. "For the first time in my life, I think that I'm finally free from the tyranny of food." Classifications. Library of Congress. The Physical Object. identify the destructive eating habits holding you captive. break the vicious cycle of emotional eating. surrender your desire for control. build healthier eating and living habits. develop a flexible plan suited to your unique situation. No secret recipes or magic answers will solve all your problems. On this journey you will find a God who loves you and knows everything about you; a God who can transform your heart and change your life in ways you never imagined. Read More. Christianity. Self-Improvement.