

Breaking the Stronghold of Food: How I Conquered Food Addictions and Discovered a New Way of Living



Conquer the strongholds that have shaped your unhealthy relationship with food, so you can experience the long-term joy of optimal health. Often times we battle with the bathroom scale believing its the keeper of our weight-loss failures and successes. Michael and Nancy Brown once found themselves in a state of obesity, bound by emotional strongholds that kept them going back to food for comfort. With faith, determination, and a quest to conquer the stronghold of food in their lives, the Browns have totally transformed their health. They believe you can do the same. You will be encouraged to discover the issues in your life that keep you bound to the comfort of food, ultimately become a good steward over your body, and finally see the health results you have been seeking.

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