



The Prism Weight Loss Program

By Karen Kingsbury

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The PRISM(tm) Weight Loss Program, founded in 1990, has helped more than 60,000 people transform their eating behaviors with a sensible, lifestyle-change approach. That approach is now available in The Prism Weight Loss Program, by bestselling author Karen Kingsbury and Prism cofounder Toni Vogt. The book shows readers how to not just tame the monster of food addiction, but destroy it through simple eating strategies and biblical principles. It includes testimonials, descriptions of the authors' personal struggles with food addiction and their ultimate success, details of the program, and a recipe section that will help readers become the people God created them to be.

From the Hardcover edition.

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Editorial Review

About the Author

Karen Kingsbury is an award-winning author of inspirational and true-crime books and a former reporter for the Los Angeles Times and Los Angeles Daily News. She is a recognized author with the Women of Faith Fiction Club and previously published under the pen name Kelsey Tyler. She lives with her husband and six children in Washington.

Users Review

From reader reviews:

Mark Johnson:

Now a day those who Living in the era just where everything reachable by connect with the internet and the resources in it can be true or not demand people to be aware of each facts they get. How individuals to be smart in getting any information nowadays? Of course the answer then is reading a book. Examining a book can help men and women out of this uncertainty Information specially this The Prism Weight Loss Program book as this book offers you rich details and knowledge. Of course the details in this book hundred pct guarantees there is no doubt in it you probably know this.

Ronnie Correa:

Hey guys, do you would like to finds a new book you just read? May be the book with the concept The Prism Weight Loss Program suitable to you? The actual book was written by famous writer in this era. The actual book untitled The Prism Weight Loss Program is the main one of several books in which everyone read now. This specific book was inspired many people in the world. When you read this reserve you will enter the new dimension that you ever know previous to. The author explained their strategy in the simple way, and so all of people can easily to know the core of this publication. This book will give you a great deal of information about this world now. To help you see the represented of the world with this book.

Catherine Gates:

Playing with family in the park, coming to see the ocean world or hanging out with buddies is thing that usually you might have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Prism Weight Loss Program, you may enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

Curtis Swasey:

Many people spending their time period by playing outside using friends, fun activity using family or just watching TV all day every day. You can have new activity to shell out your whole day by examining a book. Ugh, do you think reading a book really can hard because you have to bring the book everywhere? It alright you can have the e-book, getting everywhere you want in your Smartphone. Like The Prism Weight Loss Program which is obtaining the e-book version. So , try out this book? Let's observe.

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