

BOOKS WORTH READING

For An Effective Makeover, Ask Your Maker

(NAPSA)—The most effective way to lose weight may start with feeding your soul, says a fascinating new book.

According to “The Divine Diet” (Regal, \$21.99), by Carole Lewis, national director of the First Place weight loss plan, dieting success may only be a prayer away.

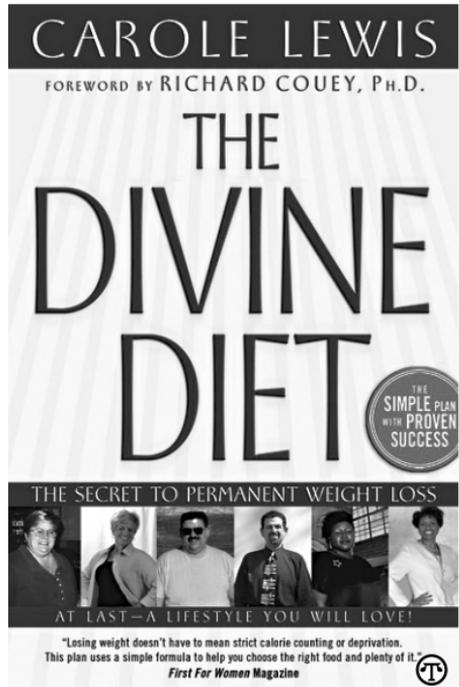
“When you turn to God with your problems and fears, you do not have to reach for the chips or gulp a soda,” said Lewis. “You discover a sure and lasting answer so you have no need for a temporary escape.”

First Place, the Christ-centered total health program which emphasizes weight management, can be done individually or in a small group setting. Men and women of all ages can use it to lose weight, lower cholesterol, learn better eating habits or become more disciplined in the area of prayer, Bible study and exercise.

“Luke 2:52 teaches that we are four-sided people: spiritual, physical, mental and emotional,” said Lewis. “First Place is unique in that it deals with the fact that God views our bodies as His Temple and cares about the condition of each part of us.”

Lewis joined the initial First Place group at First Baptist Church of Houston in 1981. The program has since become one of the most successful weight reduction programs in the nation spreading to all 50 states and more than 12,000 churches.

Although participants have lost 50, 100, even 250 pounds, the pro-



A new book proposes the idea that if you've had trouble losing weight, perhaps you need some divine intervention.

gram is about more than losing weight; it's about gaining a life-changing relationship with God. That's because “The Divine Diet” is not really just about dieting. It's about finding balance in every area of life.

Through the program, readers learn how to discipline themselves spiritually as well as physically, strengthening both body and soul. Some churches have even found that the program can serve as an outreach tool, bringing men and women into the church.

For more information or to order the book, visit www.firstplace.org.