



# Made to Crave Devotional: 60 Days to Craving God, Not Food

*Lysa TerKeurst*

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Last year, author Lysa TerKeurst released the book *Made to Crave*, providing the Biblical answer to why people diet, regain the weight they lose, and continue to find themselves stuck in this vicious cycle. *Made to Crave* helped thousands of people finally achieve victory in their weight loss journey. But, according to TerKeurst, “We need more than 19 chapters to stay motivated and on track. That’s why I wrote this daily devotional with 60 inspirational entries. There is plenty of new material not in the original book. Rest assured, I also included your favorite nuggets of wisdom from *Made to Crave*.” Just like the *Made to Crave* book, this *Made to Crave Devotional* is not a how-to get healthy book. It is the road to finding the lasting ‘want to’ that extends far beyond the surface issues of weighing less and wanting to wear a smaller clothes size. Says TerKeurst: “There’s a spiritual battle going on. It’s real. And it’s amazing how perfectly the Bible gives us specific ways to find victory with our food struggles. “Even for girls who don’t crave carrots.”

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