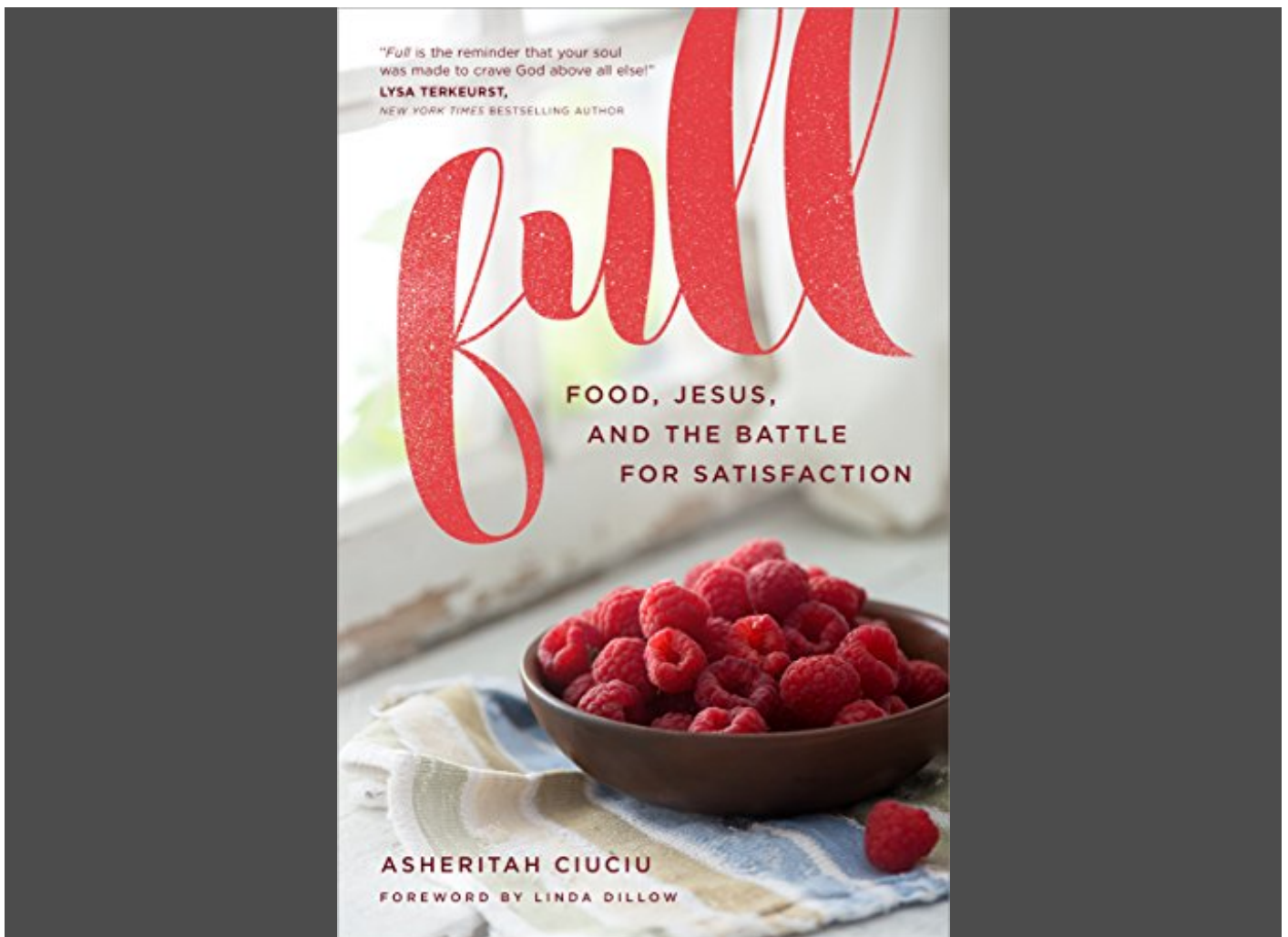


PDF | Full: Food, Jesus, and the Battle for Satisfaction

by Asheritah Ciuciu



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Can the Bible help me with my food struggles?

Have you ever felt stuck in a seemingly endless cycle of overeating, yo-yo dieting, and obsessive thoughts about food?

Whether you feel defeated by your lack of self-control or overwhelmed by thoughts and longings for food, the answer to our food fixation does not lie in the \$500 billion global diet industry.

This is not a diet book and it's not a healthy eating plan. Because at the core, our problem is not really *what* we eat. It's *why* we seek fullness in something that will never satisfy.

Join Asheritah Ciuciu as she shares honestly about her own battles with food and reveals the path to freedom. You'll discover the joy of living free from food fixation so you can experience deeper satisfaction in Christ, gain a renewed sense of purpose, and yes, even enjoy good food (without regret).

A healthier relationship with food through a stronger relationship with Christ—that's the goal of *Full*.

Includes a quiz to help you find out if you have food fixation, plus practical strategies for overcoming it.



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