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2014 by Audrey Boss (Author), Sophie Boss (Author)

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Beyond Temptation: How to stop overeating and feel normal ...

In Beyond Temptation Sophie and Audrey Boss offer a radical alternative to the tried and tested methods used to

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combat overeating which either encourage women to rely on willpower alone, or legitimise overeating by providing lists of 'free foods' on which women are actively encouraged to binge.

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1. Pray as Jesus taught, “ Lead us not into temptation, but deliver us from evil ” (Matt. 6:13). When the disciples kept succumbing to sleep while Jesus was praying in the Garden of Gethsemane, Jesus told them to “ watch and pray that you may not enter into temptation ” (Matt. 26:41). Apart from God, we have no hope of resisting temptation.

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7 Ways to Resist Temptation | Core Christianity

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A key part of the Beyond Temptation technique is

‘ stocking up ’ – repeatedly buying bulk amounts of your most forbidden food, removing all packaging (to eliminate the idea of portion size) and...

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Beyond Temptation: How to stop overeating

In several places, the Bible tells us the best way to resist and overcome temptation is to flee from it (1 Corinthians 6:18; 1 Corinthians 10:14; 1 Timothy 6:11; 2 Timothy 2:22). Even still, we fall from time to time. When we fail to flee temptation, eventually we will give in and fall.

Overcoming Temptation - How to Resist and Grow Stronger
Beyond Temptation: How to stop overeating and feel
normal and in control around food Paperback – 6 Jun. 2013
by Audrey Boss (Author), Sophie Boss (Author)

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Beyond the temptation of playing to the gallery, the protesters have no new point to make. They should stop their fire while the ovation for them is loudest. x

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In 'Beyond Temptation' Sophie and Audrey Boss offer a radical alternative to the tried and tested methods used to combat overeating which either encourage women to rely on willpower alone, or legitimise overeating by providing lists of 'free foods' on which women are encouraged to binge.

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