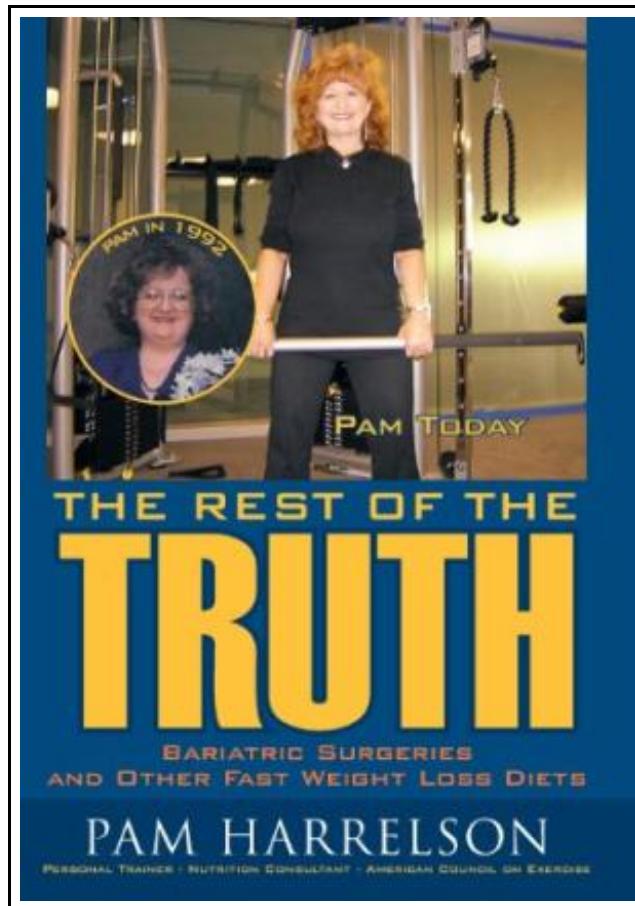


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AuthorHouse. Hardcover. Book Condition: New. Hardcover. 276 pages. Dimensions: 9.1in. x 6.2in. x 1.1in. Seasoned Personal Trainer and Seventeen Year Post-op Surgery Patient Pamela Harrelson Provides Hope Through Personal Story and Up to Date Academic Information. *The Rest of the Truth* demonstrates a gentle understanding of human weakness, but expresses a profound belief that with reliance on our faith, a relationship with God, and the guidance of Biblical scripture, our faith can then translate to more self-control and motivation of the areas of nutrition and exercise. We can then live life to the fullest, enslaved to nothing! A Question for You. As a Christian, do you have a stronghold in your life that is diminishing your witness for Christ? Pam and her husband had a stronghold of food addiction for long decades, despite the love for their faith. She shares with you her ultimate surrender in this area and how God has delivered her forever! This was not through the strength of the surgery alone. Her husband died of obesity related causes in July of 2000, despite two bariatric surgeries. *The Rest of the Truth* was published in 2009 and the words in the book are timeless to reach all believers in their quest for balance. It is worth purchasing in print, to use for regular reference all the detail from expert resources. Weight maintenance starts with the mind, not with a diet, and not even with a scalpel on the operating table, Harrelson writes. I have a passion to educate others about how to get to the root of their weight issues, and how to develop life skills in the areas of eating, exercise and time management. Even as we celebrate sensational weight loss stories, lifetime weight maintenance receives scarce attention in the media. Harrelson is in a small category...



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