



## Fit for My King: His Princess Diet Plan and Devotional

By Sheri Rose Shepherd

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**Fit for My King: His Princess Diet Plan and Devotional** By Sheri Rose Shepherd

Bestselling author helps women take care of the body God gave them and draw closer to him at the same time.

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### Editorial Review

#### From the Inside Flap

EXCERPT FROM CATALOG: The Diet War Begins . . . Take Your Royal Position Then the Lord God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."?-- Genesis 3:13 NIV I've been sixty pounds overweight--and I've won the crown of Mrs. United States of America. I have been called the "Fat Girl" in high school that never had a prom date--and I have appeared on the cover of a fitness magazine. I've been in bondage to bulimia--and free from food controlling my life. But no matter what season I'm in regarding my health and weight, I've discovered I am not alone. I can't help but wonder if the first fall of man, which was between a woman and food, is why we woman have been struggling with this food issue and our body image ever since. Was it that first act of disobedience that birthed this battle with the way we woman see ourselves . . . our worth? Prior to the fall, the woman was not aware of her body. However, after the fall she felt shame for the first time. The truth is, our Daddy in heaven, "The King above all kings," has chosen our bodies as His dwelling place. The time is now to fight for our freedom and learn to treasure our temples to bring glory to our King, not to ourselves. If you're ready to lose weight once and for all, regain your health and energy, and become the best version of you, then let's get to the heart of the matter and make every calorie count for Christ. His Princess Prayer for you Dear Lord, I ask today that you would open my sister's eyes and heart to the freedom You hold for her. Let her see that it is a gift, a special treasure, that she will receive as she learns to look to You to be her mirror, and whatever keeps her from fully experiencing You, Lord God. We claim victory in the name of Jesus today, Lord! Prove Your power through her as she commits these next 30 days to You, Lord, and lead her to complete freedom from food ever controlling her again! In Jesus' name I pray, Amen

#### From the Back Cover

#### **Discover the best health and weight-loss secrets found in God's Word!**

In this 30 day journey, the bestselling author of *His Princess* shares how God healed her from an eating disorder, helped her conquer chronic fatigue, and gave her the strength and wisdom to lose over 60 pounds and keep it off. Today, at nearly 50 years old, Sheri Rose is healthy and free. More than a half a million women have been set free through this life-changing teaching.

You can win this diet war once and for all! Sheri Rose Shepherd walks through each day with you, supporting you with 30 days of life-changing devotions, heartwarming stories, creative cooking, and a daily dose of Scripture to keep you on track. The treasures of truth found in these pages will transform the way you see yourself forever.

It's time to get your girlfriends together and become the best version of you! God loves you and will be with you every step of the way.

#### About the Author

Sheri Rose Shepherd is the founder of His Princess Ministries and the author of several books, including the bestselling *His Princess*, *His Princess Bride*, and *His Princess Warrior*. She was the popular subject of a prime-time Billy Graham special and tour

## **Users Review**

### **From reader reviews:**

#### **Milton Jones:**

Nowadays reading books become more and more than want or need but also get a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book that will improve your knowledge and information. The info you get based on what kind of e-book you read, if you want get more knowledge just go with schooling books but if you want really feel happy read one along with theme for entertaining like comic or novel. Typically the Fit for My King: His Princess Diet Plan and Devotional is kind of guide which is giving the reader unforeseen experience.

#### **Mary Block:**

Information is provisions for those to get better life, information today can get by anyone with everywhere. The information can be a knowledge or any news even restricted. What people must be consider whenever those information which is from the former life are hard to be find than now is taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you receive the unstable resource then you have it as your main information it will have huge disadvantage for you. All of those possibilities will not happen in you if you take Fit for My King: His Princess Diet Plan and Devotional as your daily resource information.

#### **Dennis Bloom:**

Typically the book Fit for My King: His Princess Diet Plan and Devotional will bring that you the new experience of reading a book. The author style to explain the idea is very unique. If you try to find new book to study, this book very suited to you. The book Fit for My King: His Princess Diet Plan and Devotional is much recommended to you you just read. You can also get the e-book in the official web site, so you can more easily to read the book.

#### **John Wiser:**

In this time globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. The book that recommended to you personally is Fit for My King: His Princess Diet Plan and Devotional this book consist a lot of the information from the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The particular writer made some study when he makes this book. That is why this book suitable all of you.

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