



# **A Woman of Moderation: Breaking the Chains of Poor Eating Habits (Dee Brestin's Series)**

*Dee Brestin*

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# A Woman of Moderation: Breaking the Chains of Poor Eating Habits (Dee Brestin's Series)

*Dee Brestin*

**A Woman of Moderation: Breaking the Chains of Poor Eating Habits (Dee Brestin's Series)** Dee Brestin

Diets don't work because they don't attack the root problem. That's why 99% of dieters gain the weight back. A Woman of Moderation is inspired by and works hand in hand with the successful program *Setting Captives Free*. Thousands of individuals have lost and kept the weight off because the root problem has been attacked. We overindulge our bodies when we are sad, bored, or anxious - for food is a temporary fix - but then it bites back. Learn how to distinguish between soul hunger and stomach hunger, and experience the joy, excitement, and peace of becoming A Woman of Moderation.

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