







**BUY NOW** 



# THE CHUBBY CHURCH

A Must Read for any Jesus Lover Struggling with Weight & Eating!

## YES, A BOOK THAT OUTLINES THE PATH TO WEIGHT & EATING FREEDOM!

#### **BOOK 1**

## **TABLE OF GOODIES**

## **OUT OF BONDAGE**

### **FOUNDATIONAL GROUNDWORK**

- Does God Care About My Weight and Eating?
- 2 Are You a Member of the Chubby Church?
- Welcome to Burger King-My Story
- Do You Want Freedom with That?— Freedom in Body, Soul, and Spirit
- The Call to Weight and Eating Freedom Action Plan

## THROUGH THE SOUL WILDERNESS

#### **BODY**

- Habitize Body Stewardship—Physical Freedom
- Habit #1 Nutrient Load—Am I Malnourished?
- 8 Habit #2 Cleanse—Am I Toxic?
- Habit #3 Hydrate—Am I Thirsty?
- Habit #4 Sleep-Am I Tired?
- Habit #5 Exercise—Am I Inactive?
- Habit #6 Balance—Am I Hormonal?
- Prioritize Body Stewardship



#### **SOUL**

- Grubbology—Say Hello to Your Inner Glutton
- 15 The Fear of the Whole and Free Self
- Chubbology—Why We're Super Scared to Drop the Weight
- Adopt the Freedom Mindset—Mental Freedom
- Enact an Emotional Strength Training Plan—Emotional Freedom

#### **SPIRIT**

- Supersize Your Power Source—Spiritual Freedom
- Coming Right Up, an Order to Win





DOWNLOAD Your Free Call to
Weight & Eating Freedom Action Plan at:
WWW.THECHUBBYCHURCH.COM

To Hire Jendayi to Speak at your Church or Group

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