



New Mini-Book from

# Shepherd Press

Gospel driven • Heart focused • Life changing



From the publishers of *Shepherding a Child's Heart*



### At a Glance...

Help! I'm a Slave to Food

Shannon Kay McCoy

Mini-Book, 64pp, 6 x 4 inches,  
Saddle stitched

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Pastoral Resources

BIC: HRCV3 Christian counseling

### Table of Contents

Introduction

1 Is Food Your Master?

2 Exposing the Sin of Overeating

3 Sin Shall Not Be Master over You

4 Walking in Freedom

Conclusion

Personal Application Projects

Where Can I Get Further Help?

**Short Description:** Living in a world gone wrong, people face many issues, including the importance of self-discipline in the matter of diet and exercise. Here is biblical counsel at a practical level.

Overeating is a silent, subtle, even respectable sin—but it hinders the spiritual growth and effectiveness of many, including Christians. Perhaps you struggle with it too. If so, this mini-book can help you—not as a diet plan, but as a compass directing you to the heart of the problem and to the only solution: Jesus, the One who can bring you out of slavery into freedom.

### Reading Audience

- People struggling with managing diet and exercise programs
- Christian counselors
- Pastors and church ministry teams
- Small-group leaders

### Features and Benefits

- A pertinent subject today
- Easy to read and apply
- May be used discretely
- Good for use in small groups or one-to-one counseling situations
- Endorsed by key counseling organizations



**Author** Shannon Kay McCoy lives in Southern California. She has an M.A. in Biblical Counseling from The Master's College and is a ACBC-certified counselor. She loves counseling women and has a passionate concern for women's spiritual growth.

You can trust these resources to provide accessible, practical, and Bible-saturated help with many of the most common and perplexing problems found in our fallen world.—*Dr. Heath Lambert*

I wholeheartedly recommend this series of mini-books.—*Dr. Wayne Mack*

The Lifeline mini-book series is an invaluable tool.—*Dr. John Street*

...unique combination of biblical truth succinctly related to specific real-life issues.—*Dr. Bob Kellemen*

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