



The Prism Weight Loss Program

Karen Kingsbury, Tony Vogt

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The PRISM(tm) Weight Loss Program, founded in 1990, has helped more than 60,000 people transform their eating behaviors with a sensible, lifestyle-change approach. That approach is now available in The Prism Weight Loss Program, by bestselling author Karen Kingsbury and Prism cofounder Toni Vogt. The book shows readers how to not just tame the monster of food addiction, but destroy it through simple eating strategies and biblical principles. It includes testimonials, descriptions of the authors' personal struggles with food addiction and their ultimate success, details of the program, and a recipe section that will help readers become the people God created them to be.

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