



The Food Ain't the Problem

Carole Holliday

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THE FOOD AINT THE PROBLEM" isn't written from the typical perspective of most diet books: eat this, not that. Do this program, not that program. Carole Holliday unpacks how to effectively attack your weight problems & gives practical, real-life wisdom for daily living & practice. Having lost over 120 pounds, she presents her own personal testimony as well as a path to truly free living. Humorous illustrations are included throughout the book, providing a relatable & caring approach to a very serious & sobering topic. In the pages of this book you'll find a heartfelt plea to understand the true cause behind your burgeoning belly & bigger bottom. Whether you've "tried it all" or you are someone who's just intrigued by the title, "THE FOOD AIN'T THE PROBLEM" will leave you full of truth, hope, & encouragement to begin your path to the true healing & restoration of your body & soul

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