

Action follows thoughts...my doubts were so deeply rooted that my body would not allow me to lose weight no matter what diet and exercise programs I tried. Thank God for connecting me with Annie. Finally, someone who identifies with my struggle. Annie's book "More Than a Conqueror" interrupted my negative thoughts and gave me hope.

It was put in my spirit years ago, "trust the process." I did not understand what that meant, I failed many attempts trying to figure it out. Annie's website, gluttony prayer, free kitchen makeover, Redesign Your Image, and video bible teachings are tools that aligned my mind, body, and soul.

My faith has increased tremendously. I am now seeing success in my weight loss. I now have JOY on my journey. Thank God for Annie's support and sharing her journey. I am trusting the process ALL the way to the "winners circle."

Sonya S.
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4/2018