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2015-08-11

it s the money you don't spend that ultimately gives you the freedom to live the life you love you work hard for your money you know you should save some but it seems like every month something comes up that sets back your best laid plans if you re tired of working hard just to get by this user friendly guide shows you that you can slash the cost of nearly everything you need without sacrificing joy and quality of life mary hunt shows you how to get off the monthly money roller coaster she offers the specific techniques resources and motivation you need to keep more of your money every month including finding money you didn't know you had cutting your grocery bill by 50 controlling the mother of all budget busters avoiding fees paying off your mortgage saving on bills preparing for disaster paying less for your dream car planning family vacations and more it s time to start saving giving and finally making financial progress and with humor and compassion mary hunt is leading the way

Half the Man I Used to Be

2014-05

all humans have weaknesses even mythical warriors and superheroes have a weakness for author brian ray gross that weakness is food this creates an interesting paradox food is intended to strengthen nourish and sustain but when we consume too much we become weakened by it in this weakness we cannot be the people god intends for us to be in half the man i used to be gross shares his story about food weight and his weight loss journey he tells how it all came to head in october of 2012 when he found out that he was diabetic and that his liver was failing he was at his weakest point and he had a choice to make he could continue to let the weakness dictate the rest of his life or he could seek the strength to overcome he chose the latter and the kind of strength he needed could only come from god this memoir discusses gross s lifestyle changes and his weight loss success his story serves to communicate there is hope for all who face the same challenges it s not too late to regain the life you desire you have a creator who made you in his image and he wants the best for you you can do this and when you do you ll be glad you did

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