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# 3D

## DIET DISCIPLINE & DISCIPLESHIP

CAROL SHOWALTER

Foreword by Phyllis Tickle

# 3d Diet Discipline And Discipleship

**Carol Showalter**



### **3d Diet Discipline And Discipleship:**

**3D** Carol Showalter, 2002 A completely revised updated thirtieth anniversary edition of the best selling story of America's first faith based diet program which has reached more than 500 000 people Includes member testimonials recipes and the complete 3D food and exercise program      **3D** Carol D Showalter, 1998-02-07 Step by step guide for those leading a 3D group including the vision of 3D the role of a leader how to best lead the first three meetings of the group and helpful tips for your last meeting      **3D Group Kit** Carol D. Showalter, 1998-02-01      3D Diet Discipline and Discipleship/My Thoughts Along the Way/Devotions for a New Beginning Set Paraclete Press, 2002-12-01      3D Individual Members Kit Carol D. Showalter, 1998-02-01 The candid moving count of how God led Carol Showalter to an understanding of why she ate as she did and how he gave her concrete positive steps to alter behavior patterns of a lifetime      Devotional Fitness Martin Radermacher, 2017-01-05 This book examines evangelical dieting and fitness programs and provides a systematic approach of this diverse field with its wide variety of programs When evangelical Christians engage in fitness and dieting classes in order to glorify God they often face skepticism This book approaches devotional fitness culture in North America from a religious studies perspective outlining the basic structures ideas and practices of the field Starting with the historical backgrounds of this current the book approaches both practice and ideology highlighting how devotional fitness programs construe their identity in the face of various competing offers in religious and non religious sectors of society The book suggests a nuanced and complex understanding of the relationship between sports and religion beyond simple functional equivalency It provides insights into the formation of secular and religious body ideals and the way these body ideals are sacralized in the frame of an evangelical worldview      **Evangelical Theologies of Liberation and Justice** Mae Elise Cannon, Andrea Smith, 2019-09-10 Despite the current evangelical focus on justice work evangelical theologians have not adequately developed a theological foundation for this activism In this insightful resource evangelical academics activists and pastors come together to survey the history and outlines of liberation theology opening a conversation for developing a specifically evangelical view of liberation that speaks to the critical justice issues of our time      *Born Again Bodies* R. Marie Griffith, 2004-10-04 Fat People Don't Go to Heaven screamed a headline in the tabloid Globe in November 2000 The story recounted the success of the Weigh Down Workshop the nation's largest Christian diet corporation and the subject of extensive press coverage from Larry King Live to the New Yorker In the United States today hundreds of thousands of people are making diet a religious duty by enrolling in Christian diet programs and reading Christian diet literature like What Would Jesus Eat and Fit for God Written with style and wit far ranging in its implications and rich with the stories of real people Born Again Bodies launches a provocative yet sensitive investigation into Christian fitness and diet culture Looking closely at both the religious roots of this movement and its present day incarnations R Marie Griffith vividly analyzes Christianity's intricate role in America's obsession with the body diet and fitness As she traces the underpinning of modern day beauty and

slimness ideals as well as the bigotry against people who are overweight Griffith links seemingly disparate groups in American history including seventeenth century New England Puritans Progressive Era New Thought adherents and late twentieth century evangelical diet preachers *Encyclopedia of Diet Fads* Marjolijn Bijlefeld, Sharon K.

Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of *Encyclopedia of Diet Fads* includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes **Feminist Theology and**

**Contemporary Dieting Culture** Hannah Bacon, 2019-08-08 Hannah Bacon draws on qualitative research conducted inside one UK secular commercial weight loss group to show how Christian religious forms and theological discourses inform contemporary weight loss narratives Bacon argues that notions of sin and salvation resurface in secular guise in ways that repeat well established theological meanings The slimming organization recycles the Christian terminology of sin spelt Syn and encourages members to frame weight loss in salvific terms These theological tropes lurk in the background helping to align food once more with guilt and moral weakness but they also mirror to an extent the way body policing techniques in Christianity have historically helped to cultivate self care The self breaking and self making aspects of women's Syn watching practices in the group continue certain features of historical Christianity serving in similar ways to conform women's bodies to patriarchal norms while providing opportunities for women's self development Taking into account these tensions Bacon asks what a specifically feminist theological response to weight loss might look like If ideas about sin and salvation service hegemonic discourses about fat while also empowering women to shape their own lives how might they be rethought to challenge fat phobia and the frenetic pursuit of thinness As well as naming as sin principles and practices which diminish women's appetites and bodies this book forwards a number of proposals about how salvation might be performed in our everyday eating habits and through the cultivation of fat pride It takes seriously the conviction of many women in the group that food and the body can be important sites of power wisdom and transformation but channels this insight into the

construction of theologies that resist rather than reproduce thin privilege and size ist norms

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