



## **Encouragement Tuesday: 31 Inspiring Stories for your Journey from F.A.T. to Freedom**

NaTishia Aromire

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Encouragement Tuesday -is a quick read that offers powerful doses of encouragement and inspiration for those who desire freedom from Fear, Anger, Turmoil and Emotional Eating. There's nothing like real stories from real people to inspire you. Whether you are on a train, plane, bus or quick break at the office these candid, thought provoking and humorous stories will give you Hope to know: • You are not alone • God Sees You • You can stop the start cycle • Your words matter • Enjoy the journey. Each story will reveal God's Love and Grace to bring Healing, Hope and Transformation in your life.



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