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Weightless: Making Peace With Your Body

Kate Wicker

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Weightless: Making Peace With Your Body Kate Wicker
Countless women today are weighted down by the thought that they are not thin enough, pretty enough, young enough, or good enough. While bookstore shelves are well stocked with advice on how to overcome body image problems, very few take a faith-based, much less Catholic, approach to self-healing. *Weightless: Making Peace With Your Body* speaks not only to those who may have faced an eating disorder, but also to anyone who wants to live an abundant life, unencumbered by society's obsession with thinness, physical beauty, youth, or food.

Weightless offers:

- Personal stories that debunk cultural myths about beauty
- Spiritual tools to help address common struggles
- Meditations to reshape the way a woman views herself
- Discussion questions for personal or group reflection

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