

It's one thing to talk about loving the Lord with all of your heart, soul, and strength. It's another thing altogether to move from theory to practice, and experience God face-to-face. In this week's episode, we'll hear lots of practical tips for walking this out in our lives.

If you have questions about overcoming unhealthy relationships with food, or anything else, please feel free to connect with Kimberly Grassi on Facebook at:

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