



## Weigh Down Diet

*Gwen Shamblin*

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## **Weigh Down Diet** Gwen Shamblin

Isn't your desire to overeat really spiritual hunger?

"I can stop in the middle of a candy bar and have no desire to eat the second half if my stomach is not calling for it."

- Gwen Shamblin

*Do you eat and eat and never feel full? Rise above the magnetic pull of the refrigerator and turn to the bounty offered to thousands who have embraced a liberating weight-reduction program in churches across America. The Weigh Down Diet gives new hope to millions who have failed on conventional diets and guides readers to the richer satisfaction that comes not from food, but from faith.*

Gwen Shamblin's *The Weigh Down Diet* is a groundbreaking approach to weight loss. People who have known no end to their hunger and who have no control over their late-night binges have learned through the Weigh Down Workshop that they can remove the irresistible desire for food. This is not a diet like others, because it is not food-focused. It contains chapters such as "It's Not Genetics or Your Mother's Fault," "I Feel Hungry All the Time," and "How to Eat Potato Chips and Chocolate." So, as you can see, here is a very different approach to weight loss. *Weigh Down* gives back hope to dieters who will learn that God did not put chocolate or lasagna on Earth to torture us – but rather for our enjoyment!

## **Weigh Down Diet Details**

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Author : Gwen Shamblin

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## From Reader Review Weigh Down Diet for online ebook

### Dani says

There is one tidbit that I took away from this book that has stuck with me for years. When you are faced with those big servings at restaurants, eat the tastiest-looking bits of food first. Then you won't feel tempted to keep eating when you get full because all that will be left on your plate are the less appealing bits. That is all I really got out of this book.

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### Christie says

The premise behind this book seems sound: turn to the Lord to help you eat only when you're hungry. "Head Hunger" and eating when you're not hungry lead to being overweight.

Note: Ms. Shamblin speaks about depression a lot in this book, but doesn't really know much about it. She also repeated herself a lot in the book, and I found myself skimming for morsels of wisdom instead of reading the entire book.

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### Mizbooks says

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This book introduced me to the "Hunger-Fullness" method for weight loss, so I'll always be grateful for that... it's the only thing / program that's ever worked for me!

But, the theology in this book is "off". Gwen was okay here, but seems to have "gone off the deep-end" after writing this one. I don't recommend you read this book unless you're willing to pray your way through it, asking God for discernment so you won't be misled.

Also see: <http://tinyurl.com/an37n>

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### Jeanne says

Throw out all man-made food rules and transfer a passion for food or any earthly desire that gets in the way, to a passion for God. Pretty simple, but profound.

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### Luann Thatcher says

I LOVE this book! I first read it in 1998 and have read it many times since. After being overweight and feeling like a failure from all my past dieting experiences, I finally was set free! I have lost 70 pounds and kept it off since 1998! My whole life as been positively changed!

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## Deanna says

Reread December, 2011.

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I just reread this for zillionth time.

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First off I want to say that I am not a big one on self-help books. I'm more of a prayer and scriptures type of person for solving my problems. However, this is one of those books that I do refer too.

This book has made some lasting changes in my life. I was introduced to this book six and a half years ago and I immediately lost 40 pounds and I've never once gained it back. Mind you I had had that 40 pounds of weight on me ever since high school, and I never thought I would loose it. This totally changed how I think about food and life.

This book was also really important in the lives of several of my friends. The friends that were unable to "do this" I think had much deeper issues than I ever thought about having and they had A LOT more weight to loose.

The doctrine in this is off. I just took the basic concepts and biblical stories and studied them from the King James Bible and sought by own discernment. The concepts are for the most part correct as far as I'm concerned.

This book has to be a 5 for me because it literally changed my life. Read at your own risk! : )

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## Anna Todd says

The Weigh Down Diet by Gwen Shamblin (copyright 1997) packs a pretty powerful punch. Although, Ms. Shamblin has a master's degree in nutrition and is a certified dietician I do not know that I fully agree with her discouraging the taking of vitamins. I personally do not believe that most human beings get their daily allowance of nutrition from just eating whatever food that is craved in a twenty-four hour period.

At the same time, I am very agreeable to Ms. Shamblin's approach to weight-loss in cutting back on food portions while addressing both mental and spiritual needs to solve the overeating dilemma.

Now then, all that's left is for me to put those three in motion all at the same time and perhaps I too, will have my "before and after" picture taken along with my very own success story! (And of course, pop my favorite vitamins!)

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## Andrea says

Technically, I shouldn't review it as I haven't actually finished the book. However, 50 lbs lighter, I have to say that I really liked what I read and was able to easily incorporate the ideas into my life!

EDIT: Yeah, I pretty much missed a lot of the idea for this program. Physically it is all about reducing portion sizes and listening for body hunger. A lot of us deal with comfort eating for reward, love, etc. This

program reminds us that God loves us and will always provide exactly enough for us, even nutritionally. Then we get past the superficial layer into the deeper ideas. Where choosing to not overeat is giving our will or the natural man over to God's will. It really got me thinking. I have enjoyed the introspection brought on by this book. I don't always agree exactly with the doctrine, but the essence of it is true for me. I am striving for a closer relationship with God and giving my will up to do his will. I believe this will help me keep the weight off and not worry about "losing control" and having it come back. Eventually I will no longer have the desire to eat more than I need. Hooray!

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### **Laura says**

Do not give in to Satan and eat the candy bar!!!!

Oh god this book is horrible, it disgusts me. The author claims to be a registered or certified dietician, but she's also certifiable. Eat less, listen to your body- that's sound advice... but preying upon people who are already insecure and vulnerable with twisted logic and scripture taken out of context- ugh she's a loon. The book reads like brainwashing- don't overeat, homosexuality is a sin, listen when your body says you're hungry, praise the lord. The world is going to hell in a hand basket, and it's people like this author who are to blame.

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### **Stacia says**

1. I remember my mom talking about this when I was in high school. I thought that the idea of eating when you're hungry and stopping when you're full made sense. But we joked about how that's next to impossible to accomplish. I don't know if she attended a workshop or not, but I do think that it is possible, when seeing it as an obedience to God issue.

2. After college a friend had told me that Ms. Shamblin was a heretic (don't remember if he used quite so harsh a word, but it's possible) something about her belief in the Trinity. It scared me away from the book for a while, but I recently decided that I wanted to read the book for myself. I cannot say whether my friend is correct or not. I think her view on food idolatry is correct. I think she is somewhat immature in how she uses some scripture, but I don't think it would lead a Christian astray, one just needs to approach the book being mindful of how she does use certain scriptures.

3. While I agree that if you are eating only when physically hungry and stopping when satisfied, you'll be eating so little that there's not as much sense in worrying about whether or not what you're eating has preservatives, I do think that we should still be mindful of what we put in our bodies. Don't be slaves to the health food industry, but if you crave a cookie, but instead choose grapes, I think overall, that's wise.

4. Same with exercise. She pushes that it's not important to exercise and that people do it out of a desire to stay thin and it becomes another idol. While that may be true, I do think that having a reasonable exercise routine is good for the overall health of your body.

If you struggle with food idolatry, I would recommend this book along with Made to Crave and Reshaping It All. (I think Reshaping It All has the most balanced approach to food and exercise and Made to Crave is the best Biblical approach to thinking about this issue.) God has definitely brought me through a spiritual awakening through these books.

### **Betsy says**

I read this book with some trepidation--my memory of the Weigh Down seminar (12 or 13 years ago?) was not terribly complimentary. Scripture taken out of context and all. So, I was pleasantly surprised by the book (and when you read the book, you aren't subjected to Shamblin's Southern accent). 4 Stars because I think most Americans need to be reminded that gluttony is still gluttony--even if we put a different label on it. Shamblin reminds readers over and over that our dependence on food, overwhelming focus on it, overuse of it, and other food-related issues are often sinful at their core. Does it work? Well, I've lost 7 pounds this summer and counting.... :)

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### **Amy says**

Gwen Shamblin's diet plan is pretty simple: Eat only when you're physiologically hungry and stop when you reach a "polite" full feeling (whatever that is??). She believes that overeating is a sin of "sensual indulgence" (gluttony) and a form of idolatry that can only be overcome by transferring your love and obedience from food to God. Unfortunately, she needed 300+ pages and several million exclamation points to convey those ideas. I found the book numbingly repetitive.

I guess I agree with the basics, but I had a really hard time with some of her ideas about nutrition. (God made your body to filter out harmful chemicals, therefore you don't have to worry about what you put into your mouth. I disagree. He made a perfect body, but I'm responsible for taking care of it by choosing healthy foods.) I also found some of her scriptural examples to be ... fuzzy? Anyhow, I did take a few good points away from my reading, but I probably wouldn't recommend the book to anyone.

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### **Alisa says**

Pretty much.. losing weight is easy as long as you obey God, which is your kinda full feeling and not indulge in the Devil.. which is having some more. If you over eat.. you are eventually Sinning because you are not stopping when God is telling you to stop. So, that pretty much means.. to me.. that this book is telling you that if you are fat, you are a sinner.. and I am sorry, but that is a bunch of bullshit. I am sure that others have not taken this book as I have, but hey, I was bored at work and it was sitting on the top shelf covered in dust... that should have been my first clue..

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### **Mitzi Moore says**

Even if you think Gwen Shamblin is a nut job, she has a point about food: our bodies tell us when we require food and when we don't. Overweight people have lost the ability to tune in to those signals. I did a Weigh Down Workshop years ago and it worked. This backslider needs to get rededicated.

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## **Briana Holmes says**

I read this book and WOW does it work! I'm 21 and had recently put on the "freshman 15" in college. My parents found this book and suggested me to try this program. Not only have I lost the weight but I found a relationship with God to get me away from the greed!

Such an easy concept too, I'm a health major and restoring the body back to its normal homeostasis makes so much more sense than the harsh treatments of the body.

I've tries A LOT of other stuff. This is the only thing that has worked for me. The key to permanent weight loss!!

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