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## **Lose the Weight...Lose the Worry!** ***Mother and Daughter Team Up to Share the Plan***

(Birmingham, AL) – Does the idea of starting a diet make you hungry? Can you eat more than your children’s combined weight in twinkies? Don’t worry! Help is on the way. Author Julie Morris, RN, and her daughter, Sarah Morris Cherry, have developed a proven method for losing weight and keeping it off permanently. The *Guided By Him* method not only helps people lose weight, it also helps participants learn how to cope with stress. After years of struggling with her weight, Julie has developed a strategic, humor-filled plan designed to keep participants motivated, laughing, learning and yes, even eating.

In *Guided By Him*, readers embark on an adventure in weight loss. Julie and Sarah use uplifting scriptures, thought-provoking questions, daily devotionals and fun-filled food facts to ensure readers keep a positive, light attitude toward learning a leaner lifestyle. Julie’s experience as a nurse and Sarah’s knowledge as a certified counselor, make this a pair of enthusiastic, highly qualified coaches. This study could be used alone in the comfort of home or led in a group setting. It’s great for casual girlfriend meetings, church small groups and even the lunchroom at work! Accountability questions keep participants honest and real with themselves and others.

### **What Others Are Saying...**

**“I lost 40 pounds in 12 weeks while reading *Guided By Him!*”**

**Maryanne- participant**

**“I lost nine pounds in a Bible Study Group that used *Guided By Him.*”**

**Robert- participant**

**“I loved leading the group! It was fun, easy and took very little preparation.”**

**Ginger- Group Leader**



Julie Morris is a wife, mother, nurse, author and teacher. Since 8 years of age Julie has struggled to control her weight. The truth of high blood pressure, overeating and her weight sent her searching for a solution. After discovering the Christian 12 Steps, she began seeking God’s help toward health and wholeness. Now, 25 years later, she’s excited to share these tips with others. She is the founder of the *Step Forward* weight loss program. *Guided By Him* is a lighter, easier version of *Step Forward*, designed for today’s busy lifestyles.

Sarah Morris Cherry is a wife, new mother and Licensed Professional Counselor. She has counseled people from 2 to 92. Whatever the age, she enjoys teaching people new ways to deal with stress as well as facts about healthy living. She coaches them with simple things to help them become more like the people they want to be. She speaks from experience, having overcome many overwhelming health problems by putting these concepts into practice.

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