



Sex, Food, and God: Breaking Free from Temptations, Compulsions, and Addictions

David Eckman

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People from all walks of life give in to temptations and adopt patterns of secrecy and shame. David Eckman reveals how appetites can dominate the lives of men and women, and addictions to sex, pornography, food, chemicals, and even work can take hold. This is a much-needed Christian look at fighting addiction that should be in every church and home.

With research support and biblical principles, Eckman shares

- why unhealthy appetites take root in people
- how to trade shame for a new identity in Christ
- why commitment to prayer, confession, and growth protects us

Readers will discover how to break the pattern of out-of-control desires and extend grace, not judgment, to those facing such struggles.

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