



Back on Track: A 16-Week Challenge to Help You Reach Your Weight-Loss Goals (First Place)

Carole Lewis

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The Only Real Failure Is Not Getting Back Up! After facing up to some of her own struggles and shortcomings, Carole Lewis, the national director of First Place, gave her self a challenge: She would lose the excess weight and rededicate herself for a minimum of four months to believe God, to trust God and to obey God. *Back on Track* chronicles her 16-week spiritual and weight-loss journey with highlights from her diary of temptations, failures, victories and tips she learned along the way. Did Carole walk the walk and finally lose those extra pounds she'd been hoping she would lose for years? When she stumbled, did God pick her up and point her in the right direction? Her honest, heartfelt answers are guaranteed to surprise and inspire one and all.

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