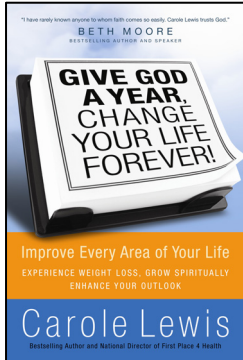


FOR IMMEDIATE RELEASE:

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HEALTH ADVOCATE COMMITS TO A YEAR OF CHANGE

Author Clings to Prayer and Obedience through Daughter's Death by Drunk Driver, Husband's Cancer Battle and Aftermath of Hurricane Ike



(Houston, TX): How often have we heard someone say, “I can't believe how fast this year went by” or we realize that a year has passed and we did not accomplish our goals or resolutions?

Carole Lewis, national director of First Place 4 Health (www.firstplace4health.com), the nation's leading Christian weight-loss program for almost 30 years, poses the important question, “Where would you like to be a year from now? Common goals include to lose weight, become wealthier, repair a broken relationship, spend more time with family, or quit an unhealthy habit.

In, *Give God a Year, Change Your Life Forever*, Lewis focuses on the connecting theme of prayer and obedience as the key to a balanced life, caring for your mental, emotional, spiritual and physical well-being.

Lewis candidly shares the despair she has faced, including her husband’s battle against stage-four-prostate cancer since 1997, witnessing the death of her daughter by a drunk driver on Thanksgiving in 2001, her personal struggle to lose weight and resisting her old habit of finding comfort in food.

In August of 2008, Lewis realized she needed to make some changes in her life, specifically to commit to “pray and obey” daily. Lewis decided to give God a year, unaware of the difficult journey she would face. In September 2008, her home and all her personal belongings were destroyed by Hurricane Ike.

Give God a Year, Change Your Life Forever includes Lewis' journal entries and challenges to readers to create a “God's Part” list that includes their deepest desire they would like God to fulfill. Readers also will create a “My Part” list that includes daily things they would like to accomplish. Chapters include “Accepting the Challenge,” “Accepting God's Love,” “God's Will for Us,” “Establishing Your Values” and “Attitude is Everything.” Additional chapters focus on:

- **Learning to Pray and Obey:** “God knows that if we each pray and obey every day for one year, He can do what needs to be done to make our lives matter.”
- **Ever-Present Temptations:** “God uses circumstances in our lives to show us that we are not strong enough to resist temptation and without His strength we are doomed to failure.”
- **Taking Thoughts Captive:** “Relapses are part of life, but they don't have to be permanent. When we take our thoughts captive for Christ, we can discover the secret to controlling our thoughts and live a life full of joy and hope.”
- **Emotional Healing:** “When our emotional lives are damaged, we have a tendency to damage other relationships and if we don't recognize that we need healing in our hearts, our relationships are not likely to change for the better.”
- **Race to Victory, Finish Strong:** “If I refuse to stay in training then I am not doing my part and hindering the work of God in my life. Even if I relapse on my commitment to God or my goals, it is never too late to pick up where I left off.”

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Lewis candidly journals her struggles, accomplishments and goals she has yet to attain with humility and gratitude to God. “A journey worth any risk will always leave you in a different place. Give one day, one month...one year to God and truly your life will change forever,” says Lewis. “Change that lasts does not happen quickly, but a year will pass quickly, whether you accept the challenge or not. In a year from now you can be in the same place or your life can be radically different.”

Give God a Year, Change Your Life Forever also features thirteen individuals who share their weight loss testimonials, sharing their honest apprehensions, goals and achievements. Some notable success stories include:

- **Heather Adams of Hanford, CA:** Spent ten years of her life in her bedroom. In July 2005 she weighed 435 pounds and has since **lost 235 pounds**. Feels closer to people and her faith through her weight loss. Life verse is Ephesians 3:20
- **Jan Norris of Topeka, KS:** Weighed over 300 pounds, diabetic on insulin. Hebrews 12:1 became her life verse. Currently she has **lost over 100 pounds** and no longer using insulin and is leading First Place 4 Health at her church.
- **Sherry Mazza of Bayville, NJ:** Married for over 29 years, three adult children, suffered from clinical depression. **Lost 80 pounds** and is no longer taking four shots a day for diabetes or her medication for high blood pressure or depression.
- **Joyce Ainsworth of Brandon, MS:** Began First Place 4 Health at 339 pounds. **Lost 175 pounds** and no longer feels enslaved by food. Jeremiah 33:3 is her life verse.

Carole Lewis is the national director of First Place 4 Health, the nation’s leading Christian weight loss program. She is also the author of several books such as: *Living Well, First Place 4 Health* and *A Thankful Heart*. She and her husband, Johnny, are the proud parents of three children (one deceased) and eight grandchildren. They live in Houston, TX. First Place 4 Health is a reliable, proven method of weight loss and healthy living. It continues to grow as a strong church program. First Place 4 Health has had groups in over 12,000 churches across the country—with over a half million members.

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Suggested Interview Questions for Carole Lewis:

1. You believe that God allows pain and sorrow to come so that He can teach us about His great love for us. How did you come to know this personally?
2. After committing to give God a year, will readers find the second year to be more difficult than the first year? What words of encouragement do you have for those that feel they can't accomplish their goals?
3. What happened to you in the summer of 2008 after you made a decision to give God a year of prayer and obedience?
4. Some people might feel a year is too long to commit to change. What is your response to those people?
5. What is a value list, and how does it play a part of making lasting changes?
6. You discuss taking thoughts captive as a part of the success in making changes in life. Why is taking thoughts captive so important?
7. Why did you decide to focus on "Pray and Obey" as the theme of your new book?
8. What is First Place 4 Health? How can people participate?
9. What valuable lessons have you learned in spite of the tragedies, including the death of your daughter to a drunk driver, your husband's 12 year battle with cancer and the loss of your home to Hurricane Ike?
10. Tell us about your accomplishment of completing a half-marathon? What was the training for that and what was it like crossing the finish line? How is this similar to achieving personal goals?
11. What is your message to those people who struggle with weight loss and continue in a cycle of defeat?

Notable Quotes from *Give God a Year, Change Your Life Forever*:

1. I can see clearly today that God was at work to show me just how great, good, powerful and loving, He really is. Page 18
2. Only God could do God's part - none of the things on my list were things I could accomplish in a year (or at all!) without Him. Page 19.
3. The storms that come our way in life test where we are with Christ. Page 30.
4. We cannot control the circumstances around us. We can't control the poor choices others make. The only thing we have control over, are our own actions-how we choose to respond to the circumstances that come our way. Page 31.
5. When we take time to pray and ask God for help and guidance, we become conscious of His presence all day long. When we don't take time, the longer we miss our time with God, the farther from His presence we feel. Page 51.
6. We must learn that without the power of Christ and the Word of God, we will never be able to resist temptation when it comes. Page 81.
7. Capturing our thoughts means learning a new way of thinking, contrary to the way we've always thought. Page 94.
8. When we take every thought captive for Christ, we discover a way to live a life full of joy and hope - we learn the secret of controlling our thoughts. Page 95.
9. The new you-filled to the brim with balanced and healthy emotions, mind, body and spirit-is a miracle waiting to happen through the power of Jesus Christ. Page 112.