

## **The 7-Day Doubt Diet**

*Renee Swope*

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# The 7-Day Doubt Diet

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## **The 7-Day Doubt Diet** Renee Swope

Want to lose the weight of self-doubt? Join Renee Swope and thousands of others on The 7-Day Doubt Diet, a free devotional companion to Renee's book *A Confident Heart*. Filled with powerful insights, encouraging promises, practical life applications, and Scripture-based prayers, The 7-Day Doubt Diet will help you replace any lack of self-confidence with lasting God confidence. Invite friends, coworkers, neighbors, and family to join you on The 7-Day Doubt Diet as you lose the weight of doubt and gain a confident heart!

## **The 7-Day Doubt Diet Details**

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Author : Renee Swope

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Genre : Christian, Self Help, Nonfiction, Religion, Faith, Christianity, Inspirational, Christian Non Fiction

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## From Reader Review The 7-Day Doubt Diet for online ebook

### Mia says

This book is a companion to the book "A Confident Heart" by Renee Swope! This book is only 32 pages long but is packed with powerful insights into the word of God and how doubt can destroy us from the inside out! As I read this book I begin to check my spirit to see and understand any seeds of doubt that had been planted in my life. Each page is filled with scriptures and prayers that we can pray so that we can uncover any doubt that has tried to enter into our lives!

<http://books.coffeetalkgirl.com/2012/...>

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### Jojo says

the book seemed to introduce the reader to a book the author had coming out soon. some of the ideas were helpful but there was nothing to the book. I feel maybe she should of used this more of as an accompaniment to the other book instead.

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### Beth says

This is a little companion book to go along with Swope's book A Confident Heart: How to Stop Doubting Yourself & Live in the Security of God's Promises. I found A Confident Heart to be very encouraging, so I decided to read this in the mornings for the next week or so. This is a NOT a "diet" book as some seem to think. That said, I would recommend that reader's just buy A Confident Heart--it has all of the goodness found in this short book & more. I felt like there was a bit too much emphasis on buying the full book in each chapter, so the motivation for this "Doubt Diet" felt more like a selling tool versus trying to make something new or different from the full book. I still liked it for what it was--a short, quick reading for in the morning that was encouraging. But if you're debating on purchasing this, just skip it & buy A Confident Heart.

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### Janelle says

I'm about to read A Confident Heart by the same author, and read this little devotional as an appetiser. Renee Swope really spoke to my heart and I found her words encouraging and uplifting. I read The 7 Day Doubt diet as an ebook, and I loved the links to other resources that the ebook provided to supplement and enhance my reading.

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### Krissy says

great book to read along with her "A confident heart" book.

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**Ren says**

A great read! It will change your life! I have lost that doubt weight!

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**KyBunnies says**

This book does not provide anything that my bible does not provide. All of the scripture provided in this book can be looked up in a bible. So many people like this author are trying to get rich quick with there new 'diet fab' books. This is just another one of those books that people will spend money on that is not worth the over-rated price.

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**Selina says**

**great book!**

This was a great devotional with great, everyday, realistic comparisons that hit home and made sense. Thank you for the encouragement!

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**Jessica says**

[free nook book]

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**Sue J says**

An uplifting look at how we should learn to be confident in ourselves!

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**Audra says**

I will definitely be re-reading this. I really wasn't expecting to be told to use God to solve my problems as I usually feel we need to meet in the middle on problems or help ourselves as well as ask for help.

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**Shelly says**

completed; review to follow later.

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**Jennifer Alexander Reynolds says**

I love Renee Swope. Such a powerful author and her ability to cross real situations with scripture is very applicable to my life. I have this on Kindle and found myself highlighting many passages. Do yourself a favor and read this book your confidence will thank you.

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**Maxine says**

Really great book, prompted me to get a confident heart!

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**Angela says**

Liked it

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