

THE 3D PLAN

EAT RIGHT • LIVE WELL • LOVE GOD

www.3DYourWholeLife.com

The 3D Plan guides people in making gradual changes that are positive, practical and proven to become permanent.

Carol Showalter started the first 3D (diet, discipline and discipleship) group in 1972, and the program went on to help over one million people. Today's 3D Plan is inspired by the words of Jesus, "Your faith has made you whole" (Mark 5:34). *Your Whole Life: The 3D Plan for Eating Right, Living Well, and Loving God* is designed for individuals and small groups and provides a 12-week journey to wholeness—physical, emotional, and spiritual.

- *Your Whole Life* provides weekly nutritional goals, daily scripture-based devotions, and tips for living well.
- The 3D website, www.3DYourWholeLife.com, provides an online support community, additional resources, and contact with Carol Showalter and Maggie Davis, the authors of *Your Whole Life*.
- The 3D Plan enriches community and small group ministry in churches of all faith traditions—Catholic, Episcopal, Lutheran, Methodist, Assemblies of God, Nazarene, Presbyterian, Disciples of Christ, United Church of Christ, and others.

What Others Say—

"This program has been a wonderful asset to our church's small group ministry. As a member of our Health Team, I chose to facilitate a study and quickly had 19 members sign up. The book lends itself to so many items of interest in the health field, that we have a hard time sticking to our hour of class."

—Lynn Helton, Resource Director, ELCA South Carolina Synod

"I have been in other weight loss programs that promote healthy eating and exercise, and they were good programs; however, they lacked the group support that comes from bonding with the same people week after week, and the spiritual strength and growth that comes from sharing the journey every day with God."

—Barbara Burns, Our Lady of Peace Catholic Church, Erie, PA

"At my first 3D meeting, I knew I had finally found what I had been searching for.

We fall short or get discouraged in other programs, but with 3D, we are encouraged to learn that God is still with us and loves us."

—Colleen Aliberti, First United Methodist Church, Niles, OH

"This wonderful program has helped me to find joy and direction, and to let go of the need to be perfect. I have been the leader of a 3D group at my church, and the blessings have poured into my life. This program is my lifeline."

—Karen Kellett, First Presbyterian Church of Springfield, PA

"Our church sponsors four 3D groups and collectively the members have lost hundreds of pounds. Because of the personal insights I've gained with 3D I now believe that I have a serious shot at keeping the pounds off for good."

—Donna Doan, First Christian Church, Troy, MO

For more information, please visit www.3DYourWholeLife.com or call 1-800-451-5006.