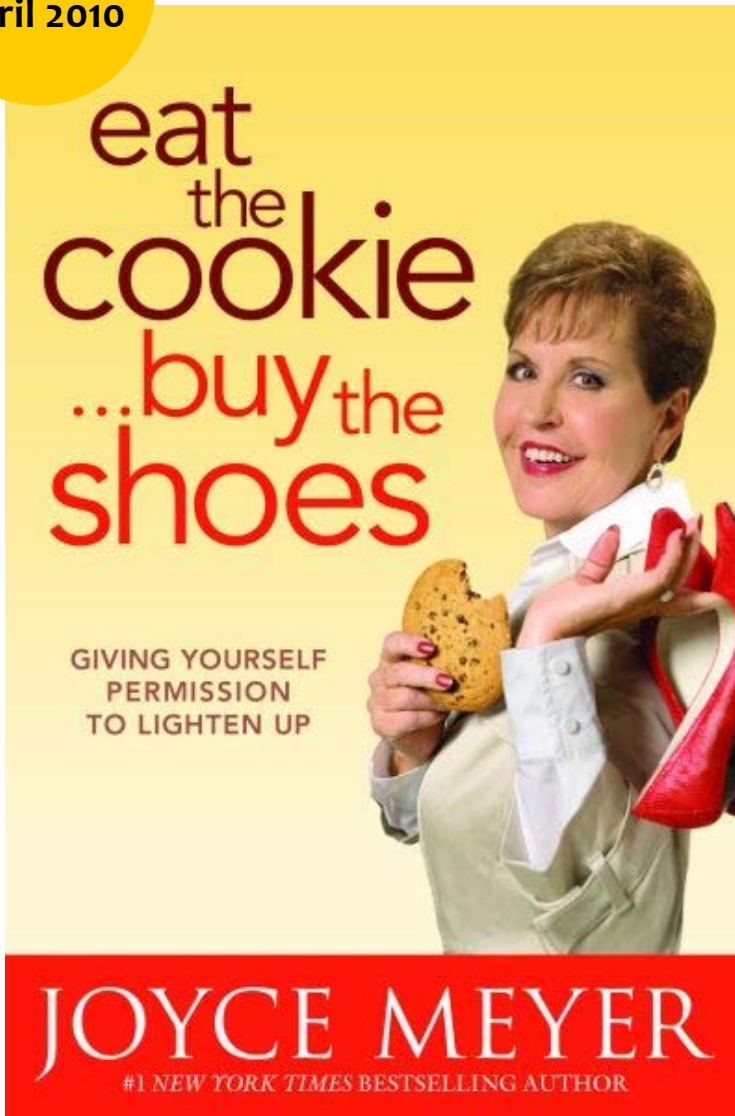


Joyce Meyer's essential reminder that
in the disciplined pursuit of excellence, don't forget
to celebrate life!

Int'l C
April 2010



**EAT THE COOKIE...BUY THE SHOES :
GIVING YOURSELF PERMISSION TO
LIGHTEN UP
Joyce Meyer**

An essential reminder that maintaining balance in our lives includes not only discipline and the pursuit of excellence, but also knowing when to indulge ourselves, and the difference between healthy celebration .. even of the little things in life... and destructive self-indulgence.

Engrained in our culture is the belief that unbending discipline is the only sure way to success. You must go to the gym five times a week, never order the dessert, and don't even think about buying that dress you keep staring at in the store window. Breaking from such a regimented lifestyle is a sign of weakness, right? Wrong! Joyce Meyer tells us why we need to break our routines now and then and even...indulge. Celebration is a concept that we reserve for very few occasions, but God instructs his people to celebrate and indulge throughout the Bible. This is a concept that Joyce Meyer believes has been overlooked for far too long. In her latest book, she provides ample evidence that God loves a party and wants his children to enjoy good things. Though setting rules in our lives are important, it's just as important that we break them from time-to-time. Structure is a powerful tool, but it can have a negative effect on us. Balance is a core value in life and every once in awhile we deserve to indulge in a guilty pleasure or two. So don't feel bad about straying from your goals every once in awhile. In fact, embrace it: eat the cookie, and buy the shoes!

Also Available:

Hachette Audio: Unabr. CD: 978-1-60788-185-8 • \$24.98
Spanish Language PB: **COMASE LA GALLETA, COMPRE LOS ZAPATOS**, 978-0-446-56739-8, \$12.99

JOYCE MEYER has been in full-time ministry since 1980. She is a #1 *New York Times* bestselling author of more than seventy inspirational books. She has also released thousands of audio teachings as well as a complete video library. Joyce's *Enjoying Everyday Life* television and radio programs are broadcast around the world, and she travels extensively conducting conferences in the US and abroad. Joyce and her husband, Dave, are the parents of four grown children and make their home in St. Louis, Missouri. Visit her website at www.joycemeyer.org.

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