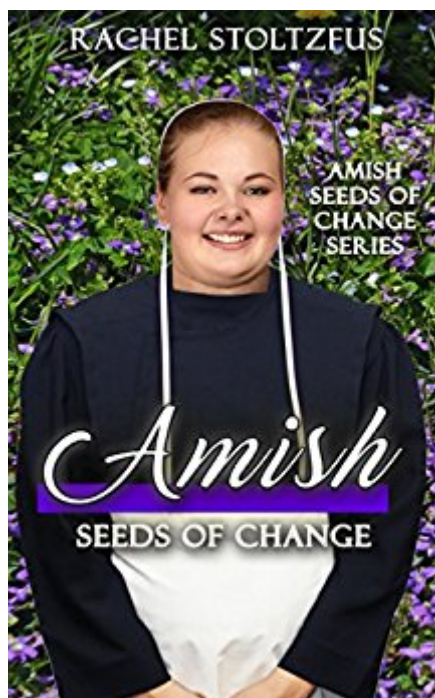


The book was found

Amish Seeds Of Change



Synopsis

Struggle. Resentment. Love. Amish teen, Emma Lapp has had a lifelong struggle with weight. Worse, Jacob, the man she wants desperately to court with only sees her as a friend. Caught between the loving excess of her mother's care and the desire to make a change, Emma feels overlooked and left behind. But when a terrible accident forces Emma to face hard truths about herself and her relationship with her sister, will this be enough for Emma to seize her dreams? Find out in *Amish Seeds of Change*, Book 1 of the *Seeds of Change* series by Rachel Stoltzfus. *Amish Seeds of Change* will have you captured from the first chapter keep you turning pages to the end. If you love well written Christian romance with a heroine as determined as she is kind, start reading *Amish Seeds of Change* today!

Book Information

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Customer Reviews

I enjoyed this first book in a series about a girl named Emma who has been trying to lose weight for years with limited success. This is the beginning of her journey toward lasting change in that area. I

recommend it to anyone who struggles with weight or has a friend or family member who does.

I really enjoyed getting to know the characters in the book. Each one play an important part in Emma's life and her choice to make necessary and positive changes. Of course, there always seem to be those who oppose, thinking they know what's best and then that one who is determined to see Emma fail. Emma is determined with a positive attitude, she is honest with herself and others. I think this will be a great encouragement to others who struggle with weight problems. They can learn through Emma how to cope, change bad habits and teach others while gaining their support. You will find the book hard to put down as you too will cheer Emma on.

The story of an overweight Amish girl. How her weight is effected by her relationship with her sister and her mother's traditional cooking. Emma has tried to lose weight on her own to no avail. Then her best friend Jacob, who Emma has a crush on, tries to help by encouraging her and showing her alternatives. Even his mother tries to help. This is a rather dry ho-hum rendition. I've read other Rachel Stoltzfus stories and they have held my interest with good plots and characters.

I was disappointed. I have been reading Amish novels for many years and usually find them enjoyable. This book is very little about Amish and very much about being overweight and surgeries and low calorie cooking. I am reading book two hoping that it gets into the characters and their lives. If it continues all about medical issues I will not be reading more of Rachel Stoltzfus books.

This is the first book in the series. You will want to read in order as they build on each other. Emma falls and is injured partly do to being very overweight. She decides to take charge and get healthy. Who will support her efforts and who will try to defeat them? Short, quick read. Nicely written.

I loved this book. I am 76 years old and have had a weight problem all my life. I should of had this book years ago. I am just now getting a handle on my losing weight. There were a lot of good suggestions to help anyone with a weight problem.

I really love this book. kept my interest all the way to the end. Emma is very brace to realize her problems. She is amazing .I hope that there is a follow up. She is lucky to have such a good friend like Jacob. Thats how the world should learn to be like Jacob.

I really enjoyed the first book off his series I hope book 2 of this is as good my hat was off to Emma and her Mom and Dad cannot wait to see what happens with the sister very enjoyable read .

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