

Start Somewhere

✖ By Calvin Nowell with Gayla Zoz | Tyndale House Publishers
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Christian recording artist Calvin Nowell has written *Start Somewhere: Losing What's Weighing You Down From the Inside Out* as an encouragement to anyone who has ever felt the burden of sin and the need for a Savior.

Though the personal experience he shares so candidly in this book involves obesity and weight loss, his teachings apply to numerous other issues that affect everyday people.

Nowell shares the memories from his childhood that seem to have planted the seeds that grew into a lifestyle of secret sin. Overindulgence in food was the sin that eventually took over his mind and body, though he managed to function for years while hiding his overeating and keeping up the appearance that he had his life together. But at his breaking point, he began to understand that God had wonderful plans for his life he would never see unless he submitted his food addiction to Him. The process of changing his eating and exercise routines was difficult, but the most significant transformation was the one that took place in his heart and mind.

Readers will find Nowell's honesty and transparency touching. Though the topic of weight loss is central to the book, its themes are global and applicable for all readers.

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