



Author Teresa Shields Parker Discovers 'Sweet Grace' with Book Detailing her Miraculous 250-Pound Weight Loss

(COLUMBIA, Missouri) -- Discouraged about being overweight? Wonder what to do about it? In the book, *Sweet Grace: How I Lost 250 Pounds and Stopped Trying to Earn God's Favor*, Teresa Shields Parker shares her personal experience with weight loss and how it changed her life.

Parker knows the weight loss struggle well. She knows it because she lived it. Until one day she decided she was missing out on life. After trying every weight loss plan, program, pill and shake available she finally realized she had an extreme problem.

Admitting she was powerless over certain foods was a key to finally accepting she needed God's help to overcome her harmful life pattern. Owning her food addiction and making a firm decision to turn around and go the other way was key to her lifestyle change and eventual weight loss.

"God's grace was there all the time, but I was going to food instead of Him," recalls Parker. "The minute I admitted my failure and asked for forgiveness, I allowed His grace to flood my life with power."

Sweet Grace, the long-standing number one Christian weight loss memoir on Amazon, is not a diet book. It is one person's journey through a lifelong struggle of losing more than 250 pounds. It helps answer the question, "How do I take control over areas of my life which have become out of control?"

In reading about Parker's journey others can find the strength to start their own journey. Also available is *Sweet Grace Study Guide: Practical Action Steps to Overcome Food Addiction*, which provides thought-provoking questions, creative activities, personal photos, action plans and a chapter-by-chapter Bible study.

Other books by Parker include: *Sweet Change: True Stories of Transformation*, *Sweet Freedom: Losing Weight and Keeping It Off* and *Sweet Freedom Study Guide*.

All of her books are published by Write the Vision and are available now at Amazon.com in both print editions. *Sweet Grace*, *Sweet Change* and *Sweet Freedom* are available in kindle. *Sweet Grace* and *Sweet Freedom* are also available in audible format.

Parker is also a Christian weight loss coach and speaker. She has been featured on CTN, Babbies' House, Atlanta Live, The Harvest Show, Real Life Live, and American Family Radio. Her articles frequently appear in Charisma and SpiritLed Woman magazines.

Discover more of her resources, as well as .pdf formats of all her books at TeresaShieldsParker.com

About the Author

Teresa Shields Parker, author, coach, speaker, avid blogger and business owner lives in Columbia, MO. She and her husband have two grown children and have been foster parents to ten. To schedule Parker to speak at your event, contact her at info@teresashieldsparker.com.



Testimonials

Teresa Shields Parker has lived what she teaches. Few understand the shame of super morbid obesity, the ongoing struggle with appetite, and the support needed to battle and conquer the grip of sugar on your life. She isn't some 20-something fitness guru trying to motivate your body into shape, but a real flesh and blood woman who has lost more than 260 pounds and kept it off for more than three years. Battle by daily battle she has taken her life back and has now dedicated herself to helping others win at permanent weight loss and escape early death.

*She is one of the top Christian weight loss coaches in the country and her book, *Sweet Grace: How I Lost 250 Pounds and Quit Trying to Earn God's Favor* is the long-standing #1 Christian weight loss memoir on Amazon. Through her compelling life story and systematic support, she helps others endure the process to change their lives. For those trapped in the cycle of food addiction, Teresa offers hope, instills strength, and builds stamina in the soul to win the battle once and for all.*

Wendy K. Walters
Motivational Speaker, Branding Expert and Author Coach
www.wendykwalters.com

Teresa has been chosen to speak to our women's group several times. Her truth and honesty always ring true in the hearts of those who hear. She gracefully challenges each person to bravely move forward with action towards living a healthy life in Christ. I love the stories she tells and the questions she poses, all sourced in love.

Amy Craighead,
Women's Ministry Team, The Lighthouse

Teresa Parker knows how to inspire, motivate and propel you the way you really want to go, but don't know how to get there. Her books and workbooks are awesome resources, but when you hear her speak the truth in love from her personally it resonates deep inside. There is something about knowing that you are visibly seeing "half" of a person who is now finally really "whole" impacts your life forever.

Teresa's messages speak volumes without any condemnation. She can feel your pain because she has been in your shoes. Whether it's weight loss or addiction, relationship failure or lack of motivation, she will find your area of need and catapult you to the next place that you need to be to follow God's purpose for your life. Don't miss the chance of hearing this sincere woman of God share her life story.

Linda Ordway
Life Christian Outreach and Cedar Creek Resort



When Teresa Parker spoke at our Heart of America Christian Writers Network conference in Kansas City, her workshop rooms were packed! The conferees felt her sessions were clear, packed with great information, and invaluable. And Teresa delivers that great content with warmth, sincerity, and vibrancy. We highly recommend her as a speaker!

Jeanette Littleton, Co-Director
Heart of America Christian Writers Network

As Women's Ministry coordinator I am always looking for interesting, insightful and encouraging speakers for our church women's meetings. Teresa Parker delivers on all accounts and then some. Her event was one of the largest turnouts we have had. She presented information about her latest book. She is an excellent speaker who relates well to all types of women. Her message was strong & inspiring as well as timely for our group. I would highly recommend Teresa as a speaker who has a message to share with others.

Linda Waage
Women's Ministry Coordinator, First Assembly of God



Teresa is excited to participate in your event! The following information will help facilitate a smooth and productive experience together. For any additional information you may need, please feel free to call 573-356-3467 and leave a message or email info@TeresaShieldsParker.com. Thank you!

1. Travel & Accommodations:

Travel expenses will be paid by the organization hosting the event. If air travel is required, our office will book the flight. Your organization will be responsible for the cost of Teresa's full fare coach ticket. Any upgrades will be taken care of by us. If overnight stay is required, a quiet, comfortable, non-smoking room is important. For larger venues, Teresa prefers to travel with an assistant. Airfare would be covered by the organization, but the assistant will share Teresa's room. Please let our office know if this is acceptable, if not please provide someone who is available to step in to help her. Teresa also requires transportation from the airport to the hotel and transportation to and from the event. It is great if someone is assigned to transport her and her assistant. It is equally fine if a rental car is provided. If Teresa will be in the area or if it is easier for her to drive to your event, mileage or gas reimbursement would be appreciated.

2. Honorarium/Speaker's Fee:

In addition to her expenses for travel, lodging, and meals, Teresa customarily receives an honorarium or speaker's fee. For business presentations, the fee varies based on the purpose, venue, and audience (a speaking contract will be provided). For church or Christian groups, she is happy to work within your usual and customary honoraria structure. We ask that you discuss this in advance with her so expectations are clear and there is no room for misunderstanding. A copy of our W-9 will be provided for your bookkeeper.

Honorarium or Speaker's Fees should be made payable to Teresa Shields Parker LLC.

3. Special Needs:

The following information is provided to answer questions we frequently receive before an event. We hope you will find it helpful.

- A. Teresa appreciates bottled water before and during her presentation as well as available in her hotel room.
- B. Teresa eats gluten free and sugar free. If there is somewhere she can get a grilled chicken salad or steak and salad she is easy to please! She loves fresh fruit of almost any kind, except melons for some odd reason, and any type of nuts, again except peanuts. Crazy, right? She travels with her own protein bars and is very adaptable.
- C. She prefers a hotel with an indoor pool as she tries to incorporate exercise if she stays several days.
- D. Teresa will work with whatever microphone system you have. And will arrange in advance if she needs equipment to play and project a PowerPoint. Please provide appropriate contact information for the person in charge of audio-visual setups.
- E. Unless written restrictions are provided and agreed upon in advance, she expects a quality copy of any audio or video recording created from her speaking.
- F. Please advise us of any special needs you require such as specific dress style or other specifics for your event or audience.



4. Coaching:

Teresa is a weight loss, spiritual inner healing and author coach. Many organizations or individuals within the organization may wish to utilize these strengths during her stay. Individual consultation or coaching on any of these topics is an option either prior to, after or during off times of an event or conference. If you are interested in having her available to work with individuals at your conference or event in any of these capacities, please communicate with our office and we can work through the details.

5. Audio/Video Recording:

Please indicate if the event will be recorded (audio and/or video). If there is to be live streaming or product development from the event, we appreciate understanding the terms in advance. We are in favor of product development and happy to help make your content rich! We do request that you provide a copy of the final recording for Teresa. Unless written restrictions are provided, it is understood that Teresa may also use the recording of just her session(s) for promotion or product development. Files can be uploaded and sent by dropbox to tparker@socket.net or mailed to: Teresa Shields Parker, 2650 N. Lakeland Drive, Columbia, MO 65202.

6. Product Sales:

Teresa requests a table for product sales. In the event her assistant cannot travel with her, we appreciate a person from your organization be assigned to Teresa for help with the product table. She will bring a cash box and a Square[®] for credit card processing. Please let us know if there are any policies or procedures we need to be aware of so we can honor your protocol. It is helpful for planning to know the approximate number of people expected in attendance. Please provide the appropriate shipping address for us to get the product to you in advance and the person responsible for making sure we connect with those boxes upon our arrival.

7. Feedback:

Teresa highly values your input. She would appreciate feedback concerning the effectiveness of her presentation as well any areas where you feel she could better serve you or others in the future. It is our request that following the conclusion of the event you also take a moment to prepare a short comment on the success of the event that Teresa may use as a testimonial.

Thank you for your assistance with these details. If you should have any questions, please contact us. We will be delighted to assist you.

In His Service,

Shannon Fox
Administrative Assistant to Teresa Shields Parker