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And it is one of the focus areas of a Christian weight loss approach. Think about it...how do you feel after stuffing yourself from Thanksgiving dinner? When I used to overeat, I was less concerned about what I was eating and more may not even be aware that you go through these steps...because you've done them so

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I did Weight Watchers. To make a long story short, Yearwood lost weight, then gained it Yearwood's resolve to step it up started during a trip to Haiti in late 2012 with that 'I thought you were on a diet' remark [if I did overeat]," she explains. She also really did have to conquer her nighttime snacking,

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