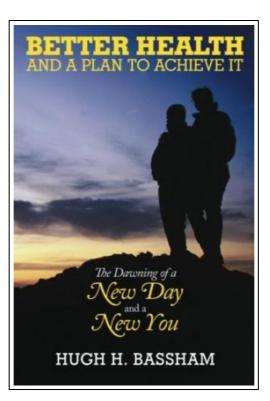
Better Health and a Plan to Achieve It: The Dawning of a New Day and a New You (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book. (Ms. Ora Buckridge)

BETTER HEALTH AND A PLAN TO ACHIEVE IT: THE DAWNING OF A NEW DAY AND A NEW YOU (PAPERBACK)



WestBow Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Get fit fast! Six pack abs in two weeks! Find happiness now! We ve heard the hype. We ve watched the infomercials. We all want to believe there is an easy fix-it plan for that extra flab and those seasonal blues. Yet, with all the books we buy and gimmicks we fall for, do we ever reach actual health? Do we ever find the secret to stopping the worry? Or are we missing a piece of this puzzle? Dr. Hugh Bassham s Better Health and a Plan to Achieve It is the inspired compilation of his 1993 book, The Search for Total Health, and his 2007 booklet, -A Plan for Better Health.- Bassham s insight bridges the gap between physical and spiritual equilibrium. It takes a look at how our physical health affects our spiritual well-being and what the Bible says about our fitness, as well as our joy. Bassham s analysis is simple and direct, intended to inform and inspire any follower of Christ, or anyone who is looking to improve upon the internal as well as external. There is no hype. There are no overpowering claims or promises. Better Health and a Plan to Achieve It shows that physical and spiritual health are linked, and how, with better understanding, more awareness, and a proven plan to follow we can achieve better health.

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