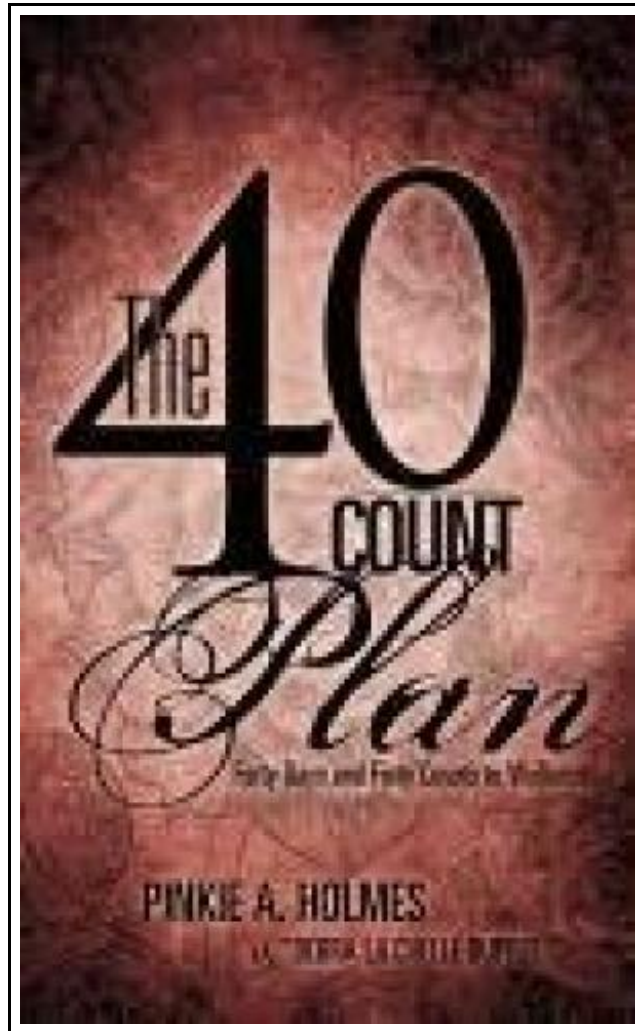


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The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

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Xulon Press, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is a daily devotional and motivational wellness book designed for your total renewal. The path to physical, mental, and spiritual well-being outlined in this book is a way of life-a unique approach to wellness. The regimen includes forty days of prayer, Scripture, and counts (repetitions) of physical exercise. Included are unique diet plans designed to root you in self-control and discipline and a plan that will renew your mind and enter you into an extraordinary life. I do not believe that overeating is the only reason why most people are overweight. I think that lack of self-control and discipline are at the root of the problem. I hope that you take complete advantage of all that this book has to offer since it was created to help you develop the tools to defeat temptation of all kinds, promote good habits, and give you extraordinary results. If you follow the forty-day plan to its fullest, the possibilities are endless. This book is for all those who are able to include physical exercise in their everyday lives but keep making excuses for not exercising and for those people who may be physically challenged, confined to the bed, or need a less strenuous exercise program. The 40-Count Plan is about you, with God's help, developing healthier habits in your daily routine and creating a physically mentally, and spiritually healthier you.



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