



## Go Forward: 28 Days to Eat, Move, and Enjoy Life God s Way (Paperback)

By Sheri Traxler

Vireo Life, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Confused by conflicting exercise and nutrition information?

Frustrated by too many sizes in your closet? Determined to not quit this time - but not sure how?

Go Forward: 28 Days to Eat, Move, and Enjoy Life God s Way will help you understand what God s Word teaches about exercise, nutrition, stress management, sleep, and other health topics.

But understanding what to do is only the first step. Through this book you will also begin the second step: practicing how to make a habit for a lifetime. Broken into topical sections, you are encouraged to learn at your own pace and areas of interest. Scripture study is central to

growing in your health, so several references and ample space is provided to write what God teaches you. Whether you are starting your health journey for the first time or the fiftieth time,

you will find your footing here. If you are ready for the health and energy you need to accomplish your God-given dreams, if you want to find your unique path and fulfill your potential, then it is time to Go...



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[ 1.5 MB ]

### Reviews

*Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Sallie Wiegand**

*Completely among the best ebook I actually have possibly read. It can be rally fascinating through reading through period of time. I am very easily can get a pleasure of studying a written ebook.*

-- **Mr. Antone Rogahn Sr.**