



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

By Hugh H Bassham

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...



**READ ONLINE**  
[ 1.72 MB ]

### Reviews

*Great eBook and beneficial one. Yes, it is actually play, nevertheless an amazing and interesting literature. I found out this book from my i and dad recommended this ebook to understand.*

-- **Jessyca Lubowitz I**

*These types of publication is the best book available. it absolutely was writtern very completely and helpful. I am very happy to explain how here is the greatest book we have study within my individual existence and can be he greatest publication for possibly.*

-- **Lucas Brown**