



BASIC Steps to Godly Fitness: Strengthening Your Body and Soul in Christ

Laurette Willis

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In this uniquely integrated program, certified personal trainer and aerobic instructor Laurette Willis shares her BASIC (Body And Soul In Christ), step-by-step plan to improve wholeness in body, soul, and spirit.

Convinced that diets alone don't work, Laurette shows how lasting change starts on the inside, and she leads readers through a process that will help them

- turn mundane daily activities and exercises into acts of worship
- develop a healthy self-image through forgiveness and freedom from addiction
- experience God's transforming power through praise, prayer, and fasting

Laurette provides readers with plenty of practical opportunities for growth, including "PraiseMoves," her own unique Christian system of worship and exercise that she calls "a Christ-centered alternative to yoga."

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Bernard Taylor:

A lot of people always spent their particular free time to vacation or go to the outside with them household or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent the entire day to reading a guide. The book BASIC Steps to Godly Fitness: Strengthening Your Body and Soul in Christ it is quite good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. When you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to cover but this book has high quality.

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