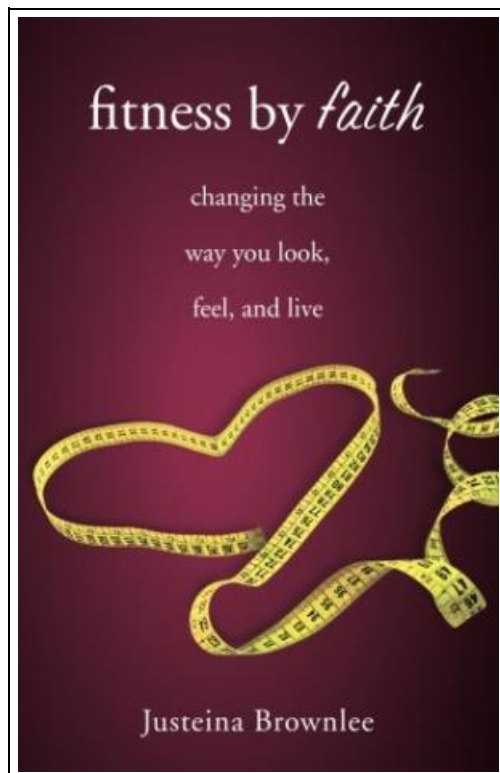


Fitness by Faith: Changing the Way You Look, Feel, and Live



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FITNESS BY FAITH: CHANGING THE WAY YOU LOOK, FEEL, AND LIVE



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Tate Publishing Enterprises, United States, 2010. Paperback. Book Condition: New. 206 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you feel trapped, struggling to overcome the discouragement of failed diet after failed diet? Does it seem like change might be impossible? Tired of worrying about not measuring up to the world's standard of beauty? Women all over America obsess fruitlessly over their weight, but this is unnecessary and can even be harmful. In *Fitness by Faith* Justina Brownlee shares practical principals that will finally help each woman find the freedom she has been looking for when it comes to weight loss and health. *Fitness by Faith* will: Change the way you think and feel about your body. Empower women with spiritual and physical principals. Help readers begin living a healthy lifestyle. Challenge everyone to be more encouraging. Whether your goal is weight loss or to live a more healthful life, this book can provide expert advice and detailed plans to help you reach your objective. It is a must read for every woman that has ever struggled with her weight or appearance. *Fitness by Faith* will be a journey that will change the way you look, feel, and live forever! Justina Brownlee is the founder of True Identity Ministries and is a wife, a mom, an author, a speaker, and a fitness professional. With a degree in health promotion and wellness, she has over twelve years of experience in the fitness and health industry and has worked with many different weight loss programs.



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