



## Living a Full and Healthy Life: Finding Balance from Within (Paperback)

By Darla Lynne Salas

Archway Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We are only given one body here on this earth, and God trusts us to take care of it. We are His masterpiece. In Living a Full and Healthy Life, the author looks back at the obstacles she s overcome, shares Scriptures, and relies upon plain old common sense to help you heal mind, body, and spirit. For instance, there are rules for healthy eating that you can follow wherever you go. From a balanced plate, to healthy food choices. You can also be shown how to watch portions and preparing great meals. You will learn how to shop smart, both health wise as well as financial. You must also exercise, but don t panic if you can t do two hours a day. The key is to make the most out of the time you have to spare. It s also critical to think about your relationship to Christ and God. When you hold on to bitterness and anger, you re building a wall between yourself and the Lord. Filled with interactive activities, Bible verses, and inspirational guidance, this self-help guide will help...



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