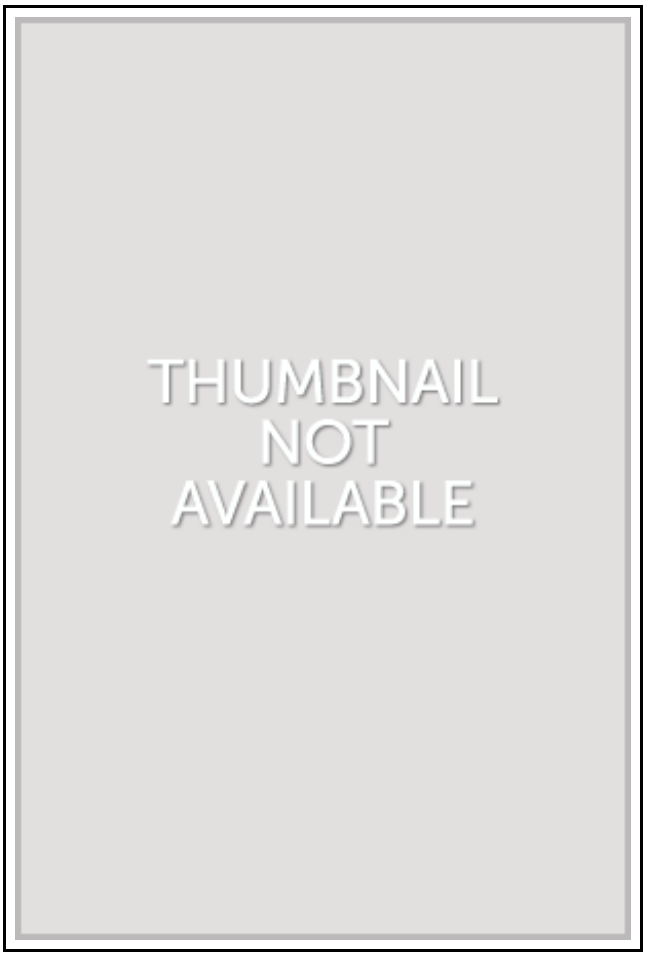
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The best book i actually go through. It can be full of wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Prof. Greg Herzog)

REBUILDING YOUR TEMPLE: INCREASING FAITH DECREASING WEIGHT (PAPERBACK)

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Tate Publishing Enterprises, United States, 2012. Paperback. Book Condition: New. 221 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you ever feel like you re struggling to win the weight loss battle? Are you tired of not getting the results you want? Do you sometimes feel like you ve had enough and you just want to give up? Well, worry no more. Raquel Haggard s encouraging book, Rebuilding Your Temple, is here to help and will cheer you on as you strive for and reach your weight loss goals. But that s not all. This inspirational guide is like fighting the weight war alongside a friend-God s Word. You will discover, during your 14-week journey through this book, Raquel has provided not only exercise suggestions, questions, Weight Warrior tips, and a place to log food/calorie choices but also daily inspiration through Scripture. She even provides you with yummy yet healthy recipes to whet your eager appetite. Throughout this weight loss process, you will uncover new thoughts and feelings about God, fitness, and food. Raquel s unique and fresh approach to fitness while studying God s Word will also help you build your physical and spiritual strength to new heights. Pick up this motivational book and a pen and journal your way to increased faith, a healthier relationship with food, and a fit and healthy body. Get going, Weight Warrior! Rebuild your temple today! Raquel Haggard lives in Oklahoma with her rowdy chocolate lab, Alex. She has a master s degree in family relations and child development and is a Licensed Marital and Family Therapist in Oklahoma and Texas. A former Weight Watchers leader and active lifetime member, she maintains a healthy weight and enjoys playing with recipes to make them healthier. Author of eight...

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