



Food, Fitness, and Faith for Women: A 21 Day Journey to a New You

From Freeman Smith

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A healthy lifestyle first starts with a healthy heart and mind! Food, Fitness and Faith for Women shares 21 Biblically-based principles that can help you achieve physical, spiritual and emotional health. Each day you'll find the encouragement to persevere and be challenged to move ahead. Take a step toward whole and healthy living today!

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