

# Treasures of Healthy Living Bible Study

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### Reviews

Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me). (Pasquale Larkin I)

#### TREASURES OF HEALTHY LIVING BIBLE STUDY

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Designed Publishing, Paperback. Book Condition: New. Paperback. 408 pages. Dimensions: 9.2in. x 7.4in. x 0.9in.Updated Edition May 2014! Now with more biblical insight into the diets of today. Are you confused about Paleo, Wheat Belly, and other fad diets of our time Learn for yourself how simple it can be to open Gods Word and read His plan for health. Be renewed, refreshed and reinvigorated as you discover what the Bible says about healthy living. Think of Gods Word as a treasure map that leads straight to the healthy life youve always dreamed of. It reveals how you can move from a sickly, lackluster life to one that is full of energy and hope. This practical Bible study will reveal the truth about the foods you eat and provide simple tools to begin improving your physical, emotional, and spiritual health. You wont believe how much your life can change when you grab hold of the treasures God has provided for you. In this Bible study, you will: Discover the basics of nutrition to build a firm foundation for your health Obtain the tools you need to evaluate and improve your health Examine the harmful effects of altered food and household products Find healthy alternatives to unwholesome foods Learn how diet, exercise, and your spiritual life go hand-in-hand Lay the groundwork for a lifetime of positive health This well organized book is full of good, scriptural tips and sweet stories. I know God will use this book in a mighty way. Rex would have been thrilled with this Bible study. -Judy Russell, wife of the late Dr. Rex Russell; author of What the Bible Says About Healthy Living Based on a passion to bring glory to God alone, Annette Reeder and Dr. Couey present sound Scriptural truths, coupled with extensive research...

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