

# Confident Living - First Place 4 Health

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Many people who struggle with weight and body issues also wrestle with insecurity. What will people think of me? Will others accept or reject me? In Confident Living, the newest Bible study from First Place 4 Health, members and participants will discover the secret to inward peace and outward confidence and find strength to continue their journey toward health and balance. Each First Place 4 Health Bible study contains 12 weeks of daily study to help members and participants to put Christ in first place. Based on proven techniques and more than 25 years of experience, First Place 4 Health is the most complete Christ-centered healthy living program available, and it has helped thousands of members create balance in the four core areas of their lives: emotional, spiritual, mental and physical. The results? Weight loss and total health from the inside out! Author: First Place 4 Health Publisher: Gospel Light Illustration: N Language: ENG Title: Confident Living Pages: 00256 (Encrypted EPUB) On Sale: 2012-06-01 SKU-13/ISBN: 9780830762576 Category: Health & Fitness : Healthy Living

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