

The Power Of Hope - First Place 4 Health

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When struggling with the inevitable ups and downs of weight loss and control, its easy to lose hope. Life seems to seesaw between victory and defeat, and even short-term failures can lead to feelings of shame, disgrace and despair. Yet hope is a bedrock of Christian faith, and God intends for His children to stand firm, trusting and confident in the future He has planned. The Power of Hope will help participants continue moving toward their goals and help them find energy and motivation to face daily challenges without losing faith. Each First Place 4 Health Bible study contains 12 weeks of daily study to help members put Christ in first place. Based on proven techniques and 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: The Power of Hope Pages: 00256 (Encrypted EPUB) On Sale: 2011-08-31 SKU-13/ISBN: 9780830754878 Category: Health & Fitness : Healthy Living

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