



Rebuilding Your Temple: Increasing Faith Decreasing Weight (Paperback)

By Raquel Haggard

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...



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