



Christian Fitness

By Scott Buzbee

Tate Publishing Enterprises, United States, 2015. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Are you sick and tired of being sick and tired? Are you confused about diets and exercise? Are you convinced that nothing will work and that you are just wasting your time trying to get healthy again? Don't worry, most people are exactly where you are. There is so much information out there, but does any of it work? Listen to me, diets don't work. I'll show you in this book how to lean on the word of God, not jump around like a cricket on speed. God wants you healthy and so do I. I will show you how to fast, not diet and begin to regain your life. People want to be healthy, but they've been burned so many times by fad diets that most people just give up. Jesus commands us to go forward, not lean back in the recliner. So join me on this journey, and I promise you will not regret it.



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