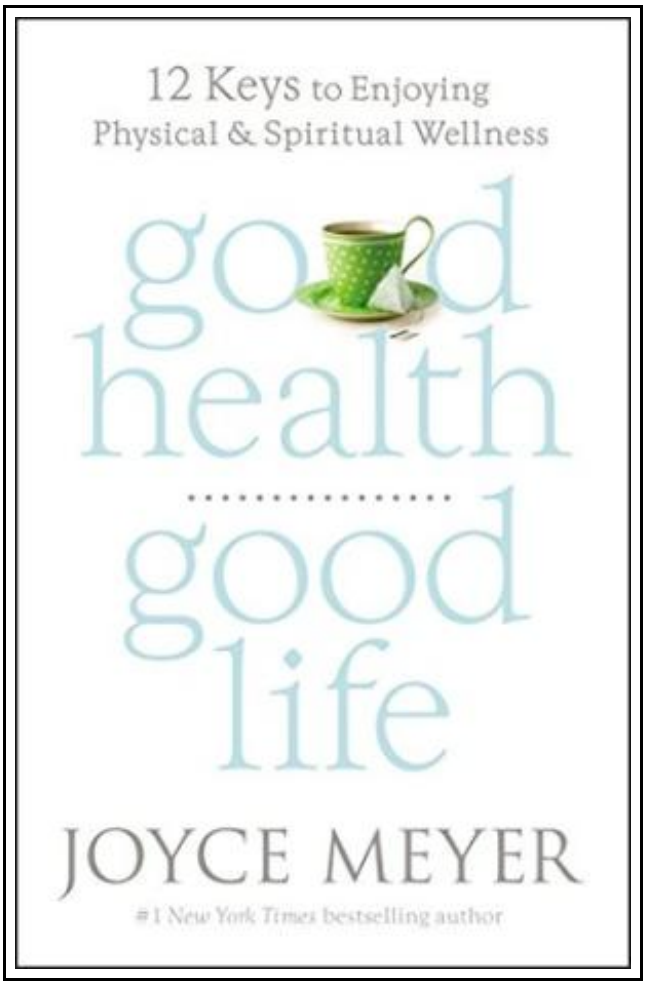
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Time Warner Trade Publishing. Hardback. Book Condition: new. BRAND NEW, Good Health, Good Life: 12 Keys to Enjoying Physical and Spiritual Wellness, Joyce Meyer, The bodies God creates are instruments for experiencing a fulfilling life on earth, for doing good works, and for spiritual development. To do the work we are meant to do, our bodies need to stay in shape. We must maintain a sound mind, body, and soul. Yet in the modern world, it is all too easy to let one, two, or all three of these slip. Based on her New York Times bestseller, Look Great, Feel Great, in this compact read Joyce Meyer presents her twelve-key plan to address the "self esteem drought" which perpetuates the habits that cause poor health. As she explores each of the twelve keys for good health, she offers five methods for improving our physical and spiritual wellness. Additionally, Joyce provides helpful resources, like the "Ounce of Prevention Checklist," for self-maintenance.

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