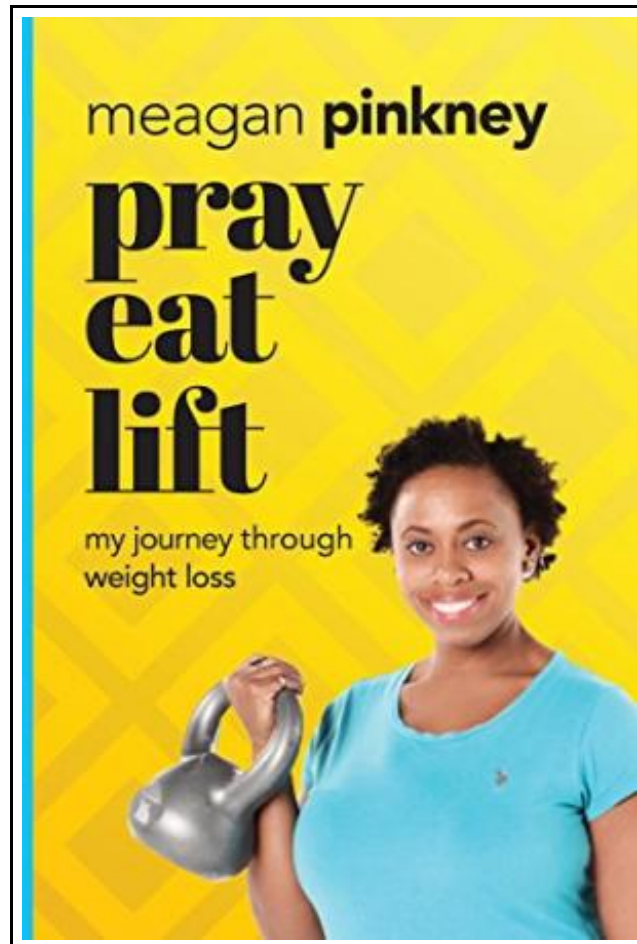


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Reviews

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(Mrs. Maybelle Gleason DDS)*

PRAY. EAT. LIFT.: MY JOURNEY THROUGH WEIGHT LOSS (PAPERBACK)



To read **Pray. Eat. Lift.: My Journey Through Weight Loss (Paperback)** eBook, make sure you access the web link under and save the file or have accessibility to additional information that are in conjunction with **PRAY. EAT. LIFT.: MY JOURNEY THROUGH WEIGHT LOSS (PAPERBACK)** book.

Joseph s Ministry, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In today s society, everyone wants to know how to lose weight instantly. Some recommendations are exploring those celebrity and military diets or just simply not eating. To be honest, if this could be done everyone would do it.right? Being conscious of our weight or waistline is something that a majority of people can relate to. According to the Centers for Disease Control and Prevention (CDC), more than one-third (34.9 or 78.6 million) of U.S. adults are obese. I can only speak for myself but I surely do not want to be included in that 34.9 but in reality I was stuck there for several years of my young life until something changed! In this book, I will share my personal testimony of my supernatural weight loss journey. My journey, although quite unique, will encourage you and hopefully kick-start your own personal weight loss journey and relationship with the Holy Spirit. Whether we realize it or not the excess weight that we are physically carrying around is a huge hindrance to our productiveness in life. Once we can develop a healthy balance of praying, eating and lifting then our journey can begin.



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