

<<Look Great, Feel Gre>>

图书基本信息

书名：<<Look Great, Feel Great: 12 Keys to Enjoying a Healthy Life Now (平装)>>

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作者：Joyce Meyer

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### 内容概要

#### 在线阅读本书

Our bodies are our God-given instruments for experiencing a fulfilling life, for doing good works, and for spiritual development. Gods plan for each of us involves maintaining a sound mind, body, and soul. In her latest book, Joyce addresses the self-esteem drought that leads us to bad health habits. She includes practical tools that help make complete self-maintenance an easy part of any daily routine. Revealing 12 keys to reclaiming our health through such things as exercise, eating habits, soul care, and responsibility, Joyce uses her engaging style to reveal how simple the restoration process really is. --This text refers to the Hardcover edition.

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