

Fit For Excellence: Gods design for spiritual, emotional, and physical health



Sheri Rose Shepherd was overweight, depressed, and emotionally distraught from an eating disorder when she discovered Gods design for spiritual and physical health. In Fit for Excellence she not only shares the biblical principles for losing weight, but also for gaining a self-image based on Christs image of you. In a sometimes humorous, and always engaging style, Sheri Rose offers in this book the same life-changing message shes shared with tens of thousands of women across the country in her Fit for Excellence conferences and seminars. Thousands of women have already been set free from: Food addictions * Eating Disorders * Depression * Poor self-image * Emotional pain * Chronic fatigue and exhaustion Join Sheri Rose in her journey toward freedom from dieting and emotional distress through the Bible. Fit for Excellence is also ideal for small groups and Bible studies as it includes interactive notes and a leaders guide.

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