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FAITH FORWARD



Wellness Tools for Creating Change

Women's Three-Point Harmony of Body, Mind, and Spirit

Gayle Smith

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Faith Forward is a true story that reads like a novel, sounds like a journal, and ends with wellness tools. It is a response to the question from numerous people who knew me before I lost 107 lbs.: How did you do it? They expect me to say I had surgery, used diet drugs, or perhaps went on a strict...

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- Authored by Gayle Smith
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