



BASIC Steps to Godly Fitness: Strengthening Your Body and Soul in Christ (Paperback)

By Laurette Willis

Harvest House Publishers, U.S., United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this uniquely integrated program, certified personal trainer and aerobics instructor Laurette Willis shares her BASIC (Body And Soul In Christ), step-by-step plan to improve wholeness in body, soul, and spirit. Convinced that diets alone don't work, Laurette shows how lasting change starts on the inside, and she leads readers through a process that will help them. *turn mundane daily activities and exercises into acts of worship *develop a healthy self-image through forgiveness and freedom from addiction *experience God's transforming power through praise, prayer, and fasting Laurette provides readers with plenty of practical opportunities for growth, including PraiseMoves, her own unique Christian system of worship and exercise that she calls a Christ-centered alternative to yoga.

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