



Wholly Holy (Hardback)

By Angela Asbill

CREATION HOUSE, United States, 2012. Hardback. Book Condition: New. 218 x 145 mm. Language: English . Brand New Book. With thousands of health and diet books hitting the shelves each year, why are people--especially believers--still overweight, unhealthy and sick? It's rather simple, really: we keep treating symptoms and never deal with the root of the problem. The only way to obtain true victory over any destructive habit is to first deal with the real issue, the heart. Wholly Holy cuts to the heart of the matter, addressing the real issues behind the current health epidemic running rampant among God's people. In addition to providing information about nutrition and exercise, certified personal trainer Angela Asbill goes beyond the physical aspects of health, reaching deeper into the spirit man to bring freedom from the bondage of food addiction and unhealthy living. Get off the couch, grab your Bible, and get ready to experience a total life transformation from the inside out. This handbook of healthy living, with instructions taken straight from the Word of God, will equip you to enjoy a healthy, Wholly Holy life.



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