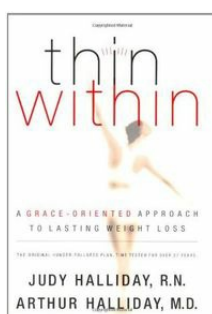


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Number of Pages	352 pages
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I have loved you with an everlasting love; I have drawn you with loving-kindness. I will build you up again and you will be rebuilt. . . . Again you will take up your tambourines and go out to dance with the joyful (Jeremiah 31:34). Judy Wardell Halliday, Thin Within //

Reader's Opinions

I have tried many avenues for retaining a healthy body and outlook in life. This is the one to settle on. You may begin the book with a dedication to becoming healthy and losing weight. You will end the book with so much more -- an inner change focused upon God and the hope He gives in transforming you into who He created you to be....