



Journal 2009

By Gospel Light Publications, First Place, First Place 4 Health

Gospel Light, United States, 2009. Paperback. Book Condition: New. 2009 ed.. 226 x 150 mm. Language: English . Brand New Book. Embracing a healthier, more active lifestyle is exciting with new thoughts, new feelings and new ideas to remember and put into practice. First Place 4 Health members will enjoy using this attractive 192 page, lined journal as a resource to record prayers and reflections while walking the First Place 4 Health journey. The journal can also be used to capture any needed piece of information: reminder lists, health goals, favorite healthy snack choices, new recipes, ideas for exercise, anything that will help the member stay on track as she or he walks toward total health and a balanced life. Of the many uses for this journal, imagine the member s delight when they look back at the year and see how far they ve come. For recording the expected changes or unexpected surprises that God brings, the First Place 4 Health Journal 2009 will be welcome.



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