

<<Look Great, Feel Gre>>

图书基本信息

书名：<<Look Great, Feel Great: 12 Keys to Enjoying a Healthy Life Now (平装)>>

13位ISBN编号：9780446698061

10位ISBN编号：0446698067

出版时间：2006年01月

出版时间：Faithwords (2006年1月1日)

作者：Joyce Meyer

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<Look Great, Feel Gre>>

内容概要

在线阅读本书

Our bodies are our God-given instruments for experiencing a fulfilling life, for doing good works, and for spiritual development. Gods plan for each of us involves maintaining a sound mind, body, and soul. In her latest book, Joyce addresses the self-esteem drought that leads us to bad health habits. She includes practical tools that help make complete self-maintenance an easy part of any daily routine. Revealing 12 keys to reclaiming our health through such things as exercise, eating habits, soul care, and responsibility, Joyce uses her engaging style to reveal how simple the restoration process really is. --This text refers to the Hardcover edition.

<<Look Great, Feel Gre>>

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>