

Light & Healthy Holidays



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Light and Healthy Holidays provides staying power during the tempting holiday season and encouragement to reflect on the true reason for the holidays. This complete resource includes devotions, holiday helps, holiday menus and recipes, and a small group guide. Topics Included: Devotions on giving thanks and God's gift of love, Read about replacing fear with joy, Holiday menus and recipes, How can you achieve your holiday goals?, Holiday survival tips.

作者介绍:

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