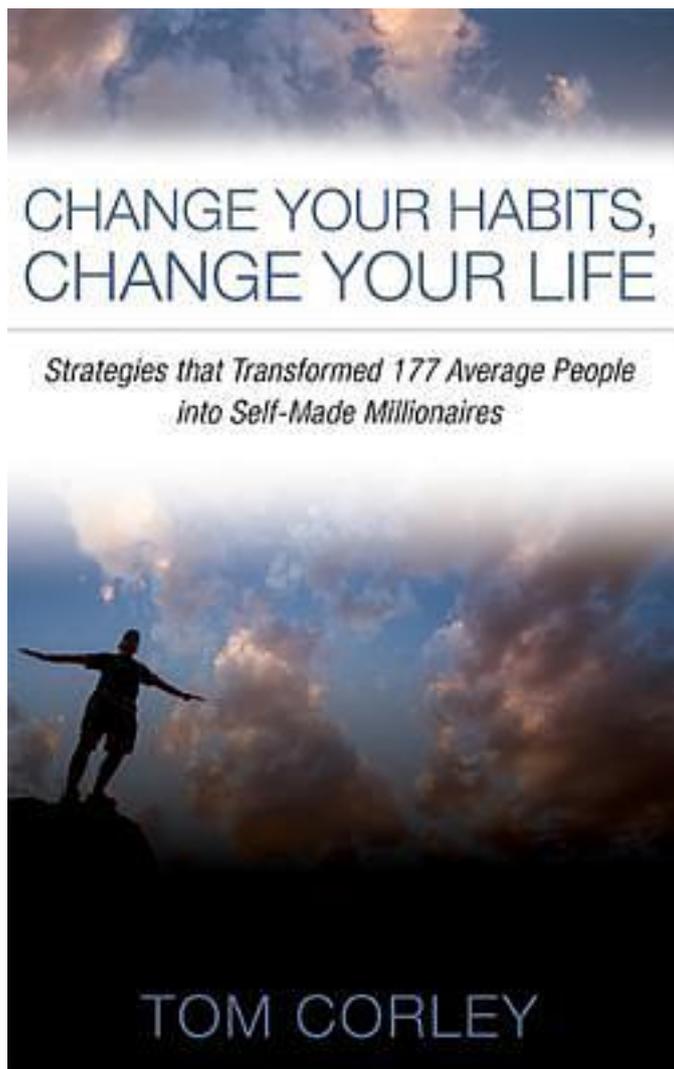


# Change Your Habits, Change Your Life



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Most of us have lifestyle habits we would like to change. Life would be richer and more productive if we took better care of our bodies, minds, and spirits. And most of us know what to do--we just can't get ourselves to do it consistently. God designed the human brain so that the dominant thought "wins." So a life of unhealthy habits is a life with an unhealthy mind-set. Danna Demetre invites readers to join her on a 40-day journey toward being "transformed by the renewing of our minds." Acting as a personal lifestyle coach, she offers the tools needed to erase and replace the old negative mental programming with healthier messages that honor God and move readers toward being the person God designed them to be.

作者介绍:

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