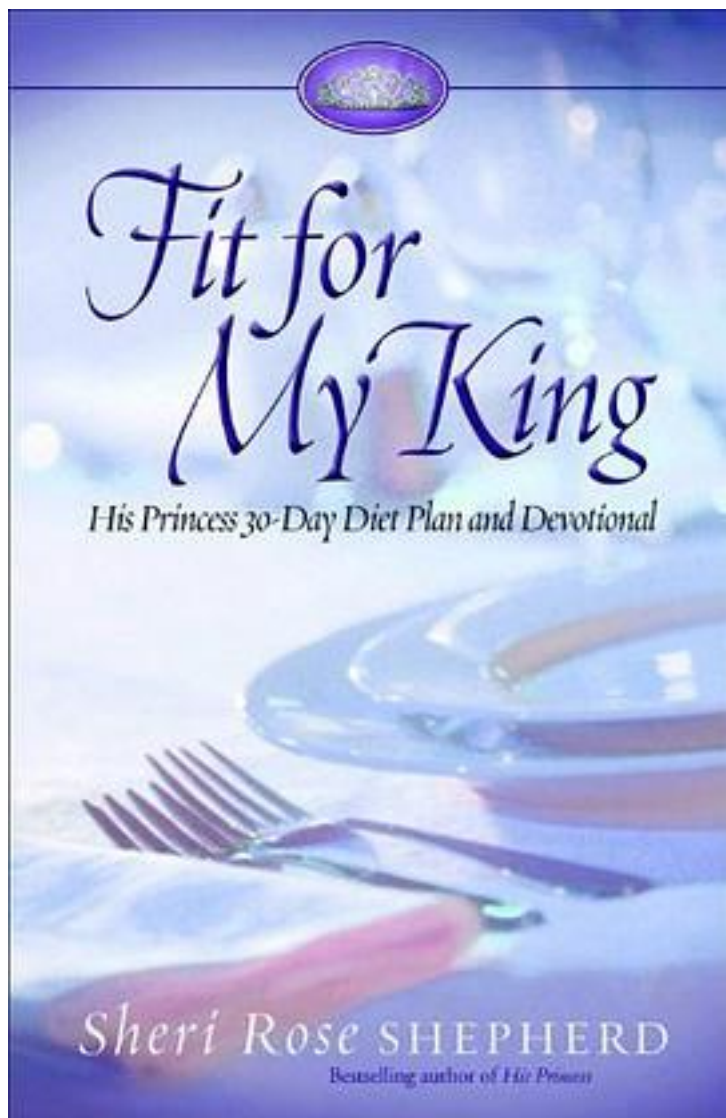


Fit for My King



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著者:Shepherd, Sheri Rose

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Sheri Rose Shepherd has been leading women to a better life through Christ for years. Her Princess books for adult women speak to a need women have to be loved, especially by their Creator. Now Shepherd offers specific help to women so that they can take care of the body God gave them and draw closer to him at the same time. Readers start with Shepherd's own inspirational story about her struggles to treat her body well by eating real food, exercising, and praying. She invites readers to sign a covenant in which they agree to jump-start a diet using specific guidelines. Readers are supported with 30 days of personable and helpful devotions with plenty of stories, suggestions for exercise, and appropriate Scripture. Shepherd even includes many of her favorite tasty recipes to keep women on track. Sheri Rose Shepherd has a gift for speaking straight to women's hearts and souls. Because of that, women will use this book, talk about it, and share it with others.

作者介绍:

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