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The Fit Life: A Faith-Based Approach To Claim Your Power Over Food And Fitness

Carla Burns

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The Fit Life: A Faith-Based Approach To Claim Your Power Over Food And Fitness Carla Burns
This is not just another "diet" book. It's your guide to claim your power in how you look at food, diets, and exercise. The goal of this book is to shed new light on reasons why you overeat, why it's hard to lose those last ten pounds, and expose areas in which you may have been conditioned by society and the media that keep you feeling stuck.

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