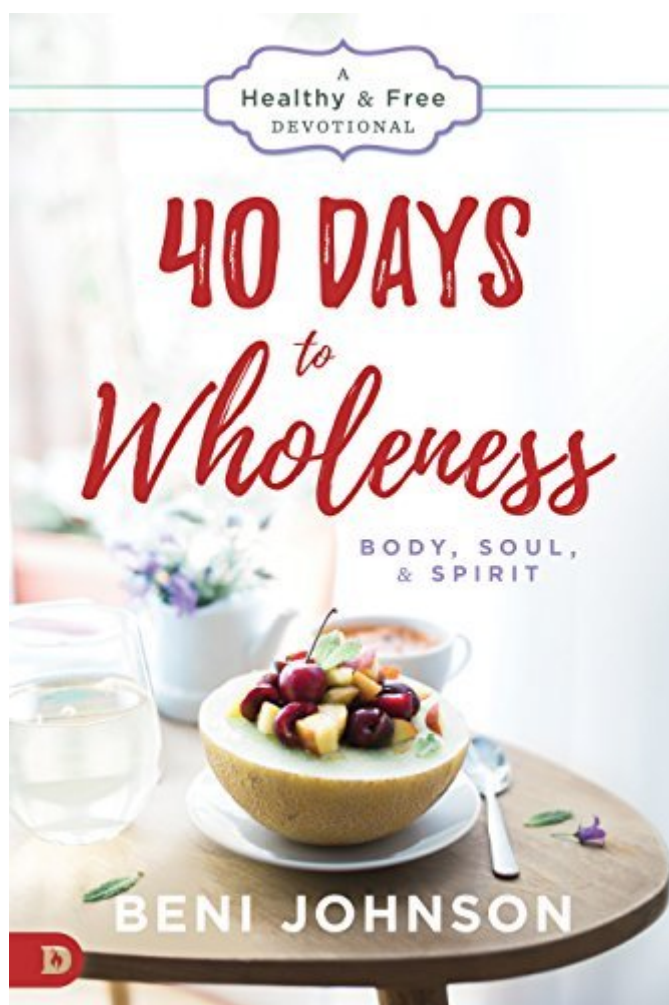


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# 40 Days To Wholeness: Body, Soul, And Spirit: A Healthy And Free Devotional



## Synopsis

One Day at a Time to a Healthier You – Body, Soul and Spirit! What is the secret to revolutionizing your lifestyle and walking in Heaven's supernatural wholeness? It's simple: taking your journey one day at a time! When Beni Johnson began her journey to health, God gave her grace to customize a user-friendly plan that would help her achieve maximum results. This same grace is available for you! Too many people try to make dramatic changes to their health through fad diets, seasons of intense exercise, and other extreme measures. Unfortunately, these methods will never bring about the essential lifestyle changes you are looking to achieve. In the 40 Days to Wholeness: Body, Soul and Spirit devotional, Beni shares practical strategies in daily, bite-sized entries that will help you successfully begin your personal journey into renewed health, sustained wholeness, and measurable results! The Great Physician desires for you to walk in Heaven's health. Get aligned with God's divine design today and experience freedom – body, soul and spirit!

## Book Information

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## Customer Reviews

In her book *40 Days to Wholeness: Body, Soul and Spirit*, Beni Johnson masterfully presents a progressive positive approach to attain and maintain a lifestyle of health and wholeness from the starting point to a natural sense of relationship of physical health, mental acuity, and spiritual power. Each of the 40 days open with a carefully selected passage from the scriptures, a word of practical instruction, encouragement or motivation drawn from Beni's own pursuit healthy living and wholeness. A unique feature of the book is the thematic continuity and consistency by putting an emphasis on *Body, Soul, and Spirit*. The instructions, words of encouragement, and prayers with declarations of thanksgiving strengthen the reader for their journey. I found the chapters addressing: the importance of a support circle, practicing self-control, and pressing toward the goal to be especially helpful and motivating. The suggestions for being intentional about keeping an exercise journal resonated with me. Christians who have struggled with basic discipline in exercise, diet, and devotional consistency will find Beni Johnson's *40 Days to Wholeness: Body, Soul and Spirit* practical, easy to implement, and motivating. Highly recommended. The book is a part of the Healthy and Free video curriculum. A complimentary copy of this book was provided for review purposes. The opinions expressed are my own.

Good 40 day devotion to read every day and be encouraged. It tells you healthy things to eat and drink and also encourages us to do exercise for a more healthy body. God created our bodies to be strong and healthy. We need to be careful what we put in our bodies. If we want to live a good life we need to watch what we eat. God has a plan for our lives and a destiny. We want to be around to fulfill that destiny. Good book for group studies and individual lives.

Very encouraging and inspirational. Great information. The book goes into areas of our being that most books about better health don't address. It's been a big help to me.

Excellent Devotional, it really helped me Love God more in this Journey of Health and Love myself more, the way He sees me. I recommend this book to everyone who desires to Embrace the Journey of becoming More Healthy in not just Body, but Soul and Spirit. Learn to Strengthen All

Three and Become transformed into His Image! Truly Beautiful!

Excellent book. Beni helps you work through big issues one small manageable step at a time.

Just started this book. Love its depth & wise simplicity

LOVE. Great wisdom and truth.

Exactly what I needed to get me back on track!

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