



Holy Spirit, My Personal Trainer: Losing Weight God's Way

Jennifer Ritchie

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Do you struggle to lose weight and keep it off? Have you gone from one diet to another, trying to find the right one that will give you permanent success? As a believer, do you have a desire to honor God with your body, recognizing that it is a temple of the Holy Spirit? If your answer to these questions is yes, then you too can learn, as Jennifer did, that inviting the Holy Spirit to be your personal trainer is God's best success plan for you. Applying the principles taught in this book can take you to new levels of freedom in all areas of your life. God is interested in far more than just your physical well-being. His personal, unique plan for you encompasses everything. Join Jennifer on this journey to complete physical, emotional, and spiritual health, as you dig into God's Word and develop a close relationship with the Holy Spirit. Let Him become your personal trainer, leading you to the truth that will set you free.

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