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30 Days to Lay Aside Weight: A Faith Based Approach to Whole Body Fitness in Mind, Body and Soul

Shari Popejoy

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30 Days to Lay Aside Weight is a faith-based whole body approach to simple fitness, founded on the theme of Hebrews 12:1. . . let us lay aside every weight. . . which so easily ensnares us, and let us run with endurance the race that is set before us. Each daily devotion includes quick and easy fitness tips for mind, body and soul for busy women. A woman who wants to become intentional about her fitness without expensive gym memberships, time-consuming exercise regimes, or expensive diet demands will appreciate the easy and proactive tips contained in this spiritual devotional. It's not about pounds, but about progress. It's not about denial, but determination. Shari Popejoy makes it easy and enjoyable to make small changes in your lifestyle that will result in laying aside more than pounds--and might result in freedom from some of the emotional weights that drag and weigh on us.

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