



# Wholly Woman

*Linda Howard, Melissa Schatz*

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Wholly Woman is an interactive, biblically-based, study promoting wholeness for women: spirit, soul, and body. The study is based on 1 Thessalonians 5:23 “May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.” Wholly Woman is filled with practical tools to help you in your journey to be whole, spirit, soul, and body. It provides scripture, nutrition information, exercise tips, and field trips made for small groups or for the woman beginning the journey on her own. It alternates chapters focusing on the power of God's word, the importance and practical application of exercise, and Biblically-based nutrition. What are you waiting for? Begin your own health journey today!

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