



# Victory Goalst Prayer, Exercise and Weight Control (Paperback)

By Alberta Marshall-Moore

Xulon Press, United States, 2011. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This is not another calorie counter or food journal to record what you eat. God has created us as three part beings. We have a mind, a body and a spirit. To live full, productive lives in God, we must renew our minds with His word and become disciplined in exercise and our eating habits. Our spirits are willing; it is our flesh that is weak (St Mark 14:38). I have known Alberta Moore for more than 25 years. I have always known her to be disciplined, energetic, positive and focused. I think that these virtues are foundational to the prayer, exercise and weight control program that she has created. I highly recommend her program to anyone who is serious about a life change. - Derrick Jackson, Author -Perpetual AbundanceMy relationship with God has become more intimate while achieving one of my goals. I read through the four Gospels three times in one month! Your chart gave me all of the tools that I needed to set my goals, and to track and measure my success....



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