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Luzca estupenda, siéntase fabulosa: 12 claves para disfrutar de una vida saludable ahora (Spanish Edition)

Joyce Meyer

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¿Tiene idea de cuán valiosa es usted? ¿Padece de autoestima baja o se odia a sí misma? ¿Abusa de su cuerpo por la mala alimentación o malos hábitos, o simplemente usted se coloca después de los niños, el esposo, los padres, el jefe y los amigos? Entonces, usted no entiende cuánto vale. Usted ha sido colocada en esta tierra para propagar el amor de DIos, y nada puede ser más valioso que eso. Quizás usted jamás se enteró de lo importante que es.

En su último libro, Joyce Meyer provee un plan de doce claves para superar los hábitos de la alimentación y falta de ejercicios que nos privan de hacer todo lo que Dios nos ha llamado a hacer. Para ayudarnos a hacerlo, el pan de Joyce brinda principios que inlcuyen:

- Dejemos que Dios tome las cargas pesadas
- Aprendamos a amar nuestro cuerpo
- Hagámonos responsables
- ¡Y mucho más!

¡Dios tiene planeado un gran futuro para usted, y es necesario que usted esté lista para El! Es necesario que luzca estupenda y se sienta fabulosa, lista para hacer cualquier cosaque Dios le pida que haga.

-Joyce Meyer, tomado de la introducción del libro

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