



Total Temple Makeover: How to Turn Your Body into a Temple You Can Rejoice In

Gregg Jantz

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While the world reels with an ever-growing array of lose-weight-quick schemes, Dr. Gregory Jantz applies common sense and spiritual encouragement to lead readers on a reasonable, realistic path to healthier living. Unlike the radical and even dangerous tactics that often captivate those who hunger for dramatic change, Jantz advocates a gentle twelve-week program, which considers the whole person, not just body weight. This comprehensive approach incorporates scripture study, prayer, and journaling, as well as nutrition, food-consumption plans, and body maintenance with the intention of reshaping a person's self-image in addition to dropping inches in the waistline.

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