



40 Days To Better Living--Diabetes

Dr. Scott Morris, Church Health Center

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Millions deal with diabetes and 40 Days to Better Living: Diabetes provides clear, manageable steps for people to take charge of the condition, through life-changing attitudes and actions. Readers can select one or more elements of the 7-step Model for Healthy Living Faith, Medical, Movement, Work, Emotional, Family and Friends, and Nutrition and follow the 40-day plan to improve their lives, just a bit, day by day. With plenty of practical advice, biblical encouragement, and stories of real people who ve taken the same journey, this book from the Church Health Center in Memphis, the largest faith-based clinic of its type in the U.S. may be one of the most important books your customers will read this year.

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Alex Miller:

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