It's late in January. How are the New Year's resolutions going? Maybe you, like many others, wanted to focus on better health this year? Or perhaps sharing your faith more? In this week’s featured books you will find something you can use for both. ~Steve

9 Ways To Prevent Diabetes

The Vegetarian Advantage

McDougalls' All-You-Can-

Golgotha's Hill CD
By Ysis España
Dr. Hall carefully reviews the diabetes problem and makes helpful recommendations to avoid this life-altering diagnosis, and to manage it if you have already been diagnosed. Anyone with a family history of diabetes, or anyone who is at risk of diabetes or has an elevated blood sugar can significantly benefit from this little book.

**Advantage**
By Donald R. Hall, DrPH, CHES

In *The Vegetarian Advantage* you will learn how to ensure your nutritional needs are being met and how to avoid the pitfalls made by many new vegetarians. Meal planning guidelines and pointers on how to adopt a plant based diet will teach you how to become a “smart vegetarian.”

**Eat Cookbook**
By John and Mary McDougall

Eat all the carbs you want – and lose weight? Absolutely!

Dr. John McDougall, bestselling author and creator of the nationally renowned diet and exercise McDougall Plan, presents a cookbook that turns the popular thinking about carbs and weight control upside down.

The melodic voice of Ysis Espana reaches out to convey God's love to all types of people. *Golgotha's Hill* contains thirteen songs sung in a variety of styles. Songs include: *One Day At a Time, My Jesus, I love Thee, The Love of God*, and *Lord I'm Coming Home*. 
Spam
Not spam
Forget previous vote