



Achieving Peace: A 31 Day Fitness Devotional: Living an Active, Healthy and Balanced Lifestyle (Paperback)

By Yolanda y Harper

Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Achieving Peace: a 31 day fitness devotional that is designed to motivate its reader to live an active, healthy and balanced lifestyle. Each day this energetic and delightful book gives the reader a scripture, devotional reading, an area to write a brief prayer, call to action and concludes with an affirmation. This is a book to share with friends and loved ones who are beginning a fitness journey or farther down the road because it has something for everyone! Yolanda Harper is a lively and outgoing fitness motivational coach who conducts fitness book camps and personal training in the Dallas-Fort Worth areas.



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