



Scale Down: A Realistic Guide to Balancing Body, Soul & Spirit

Danna Demetre

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Scale Down: A Realistic Guide to Balancing Body, Soul & Spirit Danna Demetre

Using biblical principles and sound health and nutrition techniques, Danna's bestselling book will help you lose weight, once and for all, in a way that honors God. Includes diet and nutrition tips, body image builders, health and fitness routines, spiritual renewal plan and more!

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