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Healthy Boundaries (First Place 4 Health Bible Study Series)

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Healthy Boundaries (First Place 4 Health Bible Study Series)

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People without boundaries can quickly lose direction. Learn how to create intentional boundaries to leap the hurdles of temptation and not compromise your commitment to weight loss. Healthy Boundaries will help you do this and more. Discover how God can empower you to assess, define and rebuild physical, mental, emotional and spiritual boundaries. Today's the day to take back your life! Based on proven techniques and more than 25 years of experience, First Place 4 Health invites you to try the most complete Christ-centered healthy living program available. First Place 4 Health will help you create balance in the four core areas of your life--emotional, spiritual, mental and physical. The results? Weight loss and total health from the inside out!

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