



Nice and F.A.T.

Renita Brannan, Monica Hannan

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Have you been on diet after diet, only to find yourself “fatter”? Do you ever sabotage your health goals trying to be “nice” saying yes when you really mean no? Do you feel selfish when you take time to care for yourself? Do you blame having children or your age for your slow metabolism? Do you secretly wish you had more willpower? Are you ready to turn your body into a fat burning machine? If your answer is "yes," get ready to cut the yo-yo diet string forever. It's time to stop counting calories and start counting on God's truth. This book will help you to renew your mind and body. Find out how health and fitness expert Renita Brannan teaches television anchor Monica Hannan how to lose weight, get fit and turn back the clock on aging...while leaning on the teachings of Jesus Christ. "We can do all things through Christ who strengthens us!" Philippians 4:13 This book will change your life!



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