



# Healthy Living, Spirit, Soul and Body: Feeling Your Best with God (4 CDS)

*Joyce Meyer*

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## **Healthy Living, Spirit, Soul and Body: Feeling Your Best with God (4 CDS)** Joyce Meyer

Are you an investor or a gambler? Investors make decisions that are good for their body, soul and spirit...things like eating healthy, doing kind things for other people and spending time with God. On the other hand, gamblers do things they know they shouldn't and think that they'll be the one who gets away with it. Which one would you rather be? In this four-CD series, you'll learn the right way to do things and learn... Why it's healthy to live your life putting others first Two things to avoid if you want a healthy mind Self-control in your eating habits Why "religion" does not make you spiritually stronger Better than a gym membership, this series on healthy living addresses not just your body, but also how to balance your spirit, soul and body into one complete healthy lifestyle today!

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