



Walking with the Armor of God: Your PATH To Health and Wellness

Debi Hartzell

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Author and Health Coach Debi Hartzell has found an ideal way to empower women by helping them discover life changing healthy habits without dieting and calorie counting by adding an easy to follow PATH into their daily routine and starting each day with a morning devotion. This program starts each week with a few easy to follow nutritional guidelines. Then each day offers a devotion aimed at motivating each reader to follow a PATH to health and wellness while allowing the Lord to strengthen their journey in mind, body and spirit. It then offers a daily journal after each devotion, helping the reader understand their obstacles and progress. This program is designed as an 8 week Bible study, but can also be enjoyed by the individual reader looking to improve their health and glow while strengthening their relationship with God.



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