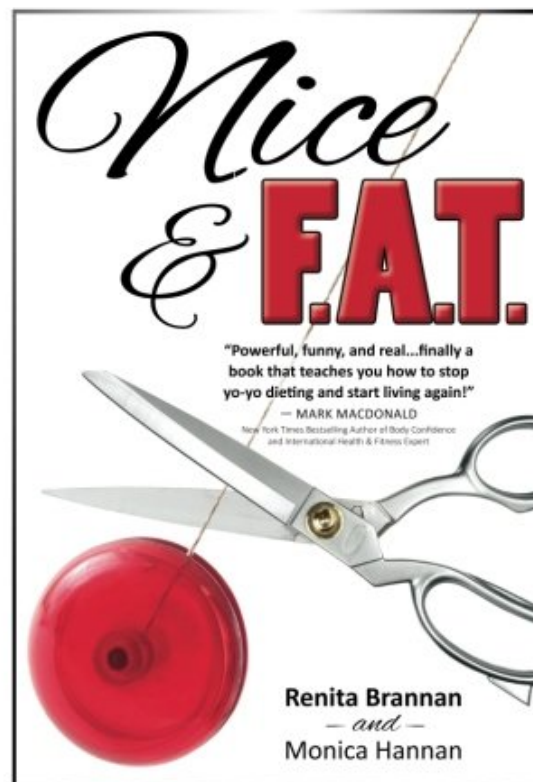
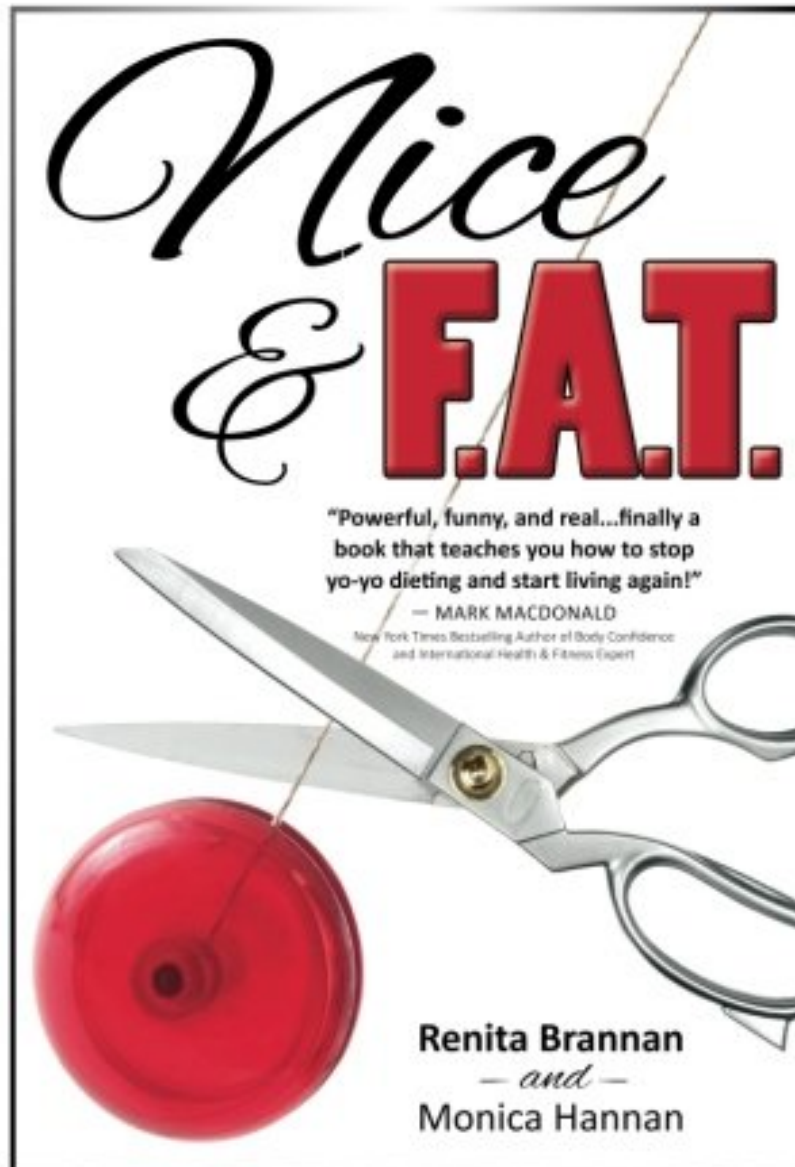


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About the Author

Renita Brannan is a global health professional with over 20 years of experience. She is a Certified Biblical Health Coach, ACE Certified Advanced Personal Trainer, Group Fitness Instructor, and Lifestyle and Weight Management Consultant. Renita is also a Certified Venice Nutrition Coach and was recently featured on CNN HLN for helping North Dakota residents lose over 50,000 lbs. of fat. She is a Jeunesses entrepreneur who teaches PFC Every 3 globally. She is co-creator of allstrongmoms.com and pfcplate.com, where she empowers individuals to nourish their bodies to achieve amazing health. Renita resides in Bismarck, ND with her husband Scott, three healthy boys, Beau, Truitt, and Rocco, and her dog Zoe. Monica Hannan is a three-time Emmy-award-winning news manager and anchor for KFYZ-TV. She has also authored Gift of Death - A Message of Comfort and Hope, and The Dream Maker. Her articles on history, travel and health have appeared in regional and national magazines.

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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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