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Body And Soul: A Girl's Guide To A Fit, Fun And Fabulous Life



Synopsis

READ and HEAR Edition: Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelledâ”and she’s done it while overcoming incredible challenges. Whether you know Bethany or not, whether you surf or not, everyone has challenges, and in Surfer Style, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, New You helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethanyâ”™s personal trainer, recipes and information on healthy eating based on âœBethanyâ”™s food pyramid,â”• which follows the Mediterranean diet, and advice on deepening your spiritual health, for a total body wellness book perfect for growing girls.Â” This isn’t a book about Bethany, this is a book about wellness, becoming your best âœyou,â”• through physical and spiritual balance, because spiritual health is just as important as physical health.

Book Information

File Size: 39293 KB

Print Length: 158 pages

Simultaneous Device Usage: Up to 5 simultaneous devices, per publisher limits

Publisher: Zondervan (May 6, 2014)

Publication Date: May 6, 2014

Sold by:Â” Digital Services LLC

Language: English

ASIN: B00GS1FK5U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #438,756 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 inÂ” Kindle Store > Kindle eBooks > Children’s eBooks > Growing Up & Facts of Life > Health > Fitness #9 inÂ” Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > For Children #93 inÂ” Books > Children’s Books > Growing Up & Facts of Life > Health > Fitness

Customer Reviews

You want to be the best, beautiful inside and out, right? Take a journey with surfer Bethany Hamilton while she shows you how living for God, trusting Him with your destination and some simple lifestyle changes can help you look healthier, feel more energetic, and give you an optimistic outlook on life. The question is "Are you ready?"

Hott Review: About a year ago I suffered from depression, barely had the energy to get out of bed, had constant headaches, and constantly ached. Luckily, I have a doctor who just told me to change my diet and take some vitamins. He gave me some suggestions, based on a genetic test, and within weeks, I'd done a complete 360. I'd been on antidepressants for 20+ years & just a simple switch of my diet & I no longer needed them! I rarely get headaches anymore (The ones I get I can directly attribute to something like screen time). I know this won't work for everyone, but isn't your life worth the try?

What I liked: So, I didn't expect to like this book. I purchased it for my daughter because I see that she's going to follow my path if she's not careful. I actually only decided to read it because I needed a YA book for a Wednesday review and needed to fill a slot in a challenge. I'd say that God definitely set this one up! ;) First, I love how *Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life* is written. There are short sections packed with tons of facts, applicable suggestions, and fun tidbits. It makes you want to keep reading. This isn't an "I'm about me" book. I love how the author not only talks about how this has worked in her life but in others' lives as well. There are suggestions from the author's life, from her trainers, and from her husband. It's really great how she pulled this together and makes the book read more like it's a support system than a dictation.

What I didn't like: Honestly, I loved this book. It's a definite keeper & I'll be buying copies for the tweens (and girlfriends) in my life.

More: | Author: Bethany Hamilton
Source: Purchased for my daughter on August 24, 2014 (\$0.99 Deal)
Grade: A+
Ages: 12+

I found this book to be motivating and inspiring, with a plethora of good tips. This book is geared for teenage girls, but I found it useful even as a mom in her late thirties. I plan to pass this book on to my eleven-year-old daughter next. Bethany creatively addresses many issues facing young girls and women today. She lovingly encourages girls to be fit for their health, rather than just to be thin. She also gives advice on eating and growing closer to God. It's a wonderful book.

Easy read for healthy living for your mind, body, and soul. Wish she would come out with some adult books

I was looking at this book for myself, when I realized that it is meant for teens/tweens. I went ahead and purchased it for my 10 year old daughter, who is a swimmer. I love that this book explains the importance of exercise and nutrition during their lifetime - and especially important for athletes. I also love that it explains the importance of strength training/core strengthening, no matter what your sport. We have always taught our daughter about sports nutrition and "out of the water" training, but I think that she believes it more when she hears it from another athlete and it is in print. Solidifies what we have told her all along.

This is a great book for tween and teen girls! I want my daughters to have a healthy approach to life, and a positive self-esteem, and I think this is a great tool toward providing them with that. Bethany Hamilton has addressed workouts, recipes and daily life for girls in such a healthy, balanced way. I love that she emphasizes her relationship with God as being a vital part of her health and wholeness. My daughters personally wish there were more vegetarian recipes since we don't eat meat, but they still really like this book. Keep up the good work, Bethany!

Bethany Hamilton believes in God and that is AWESOME!!!! Bethany doesn't let anyone get in her way because she just has one arm. I like her because she doesn't care what other people think about her not having two arms. BOOK is WONDERFUL. Bethany has some great exercises in store for a lot of people.

My granddaughter said she liked this. She especially favors Bethany and her Christian testimony. Thank you Bethany, for being a good example to my 15-year old granddaughter. God bless you - a lot!

My 11-year-old says it's really good, and inspirational. I love it because it's written by a "cool" woman who can relate well to Tweens. The nutrition info and recipes are great, and I noticed that my daughter cares more about making good food choices now. A wonderful book that mothers and daughters can enjoy together. I wish I had this book when I was 11!

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