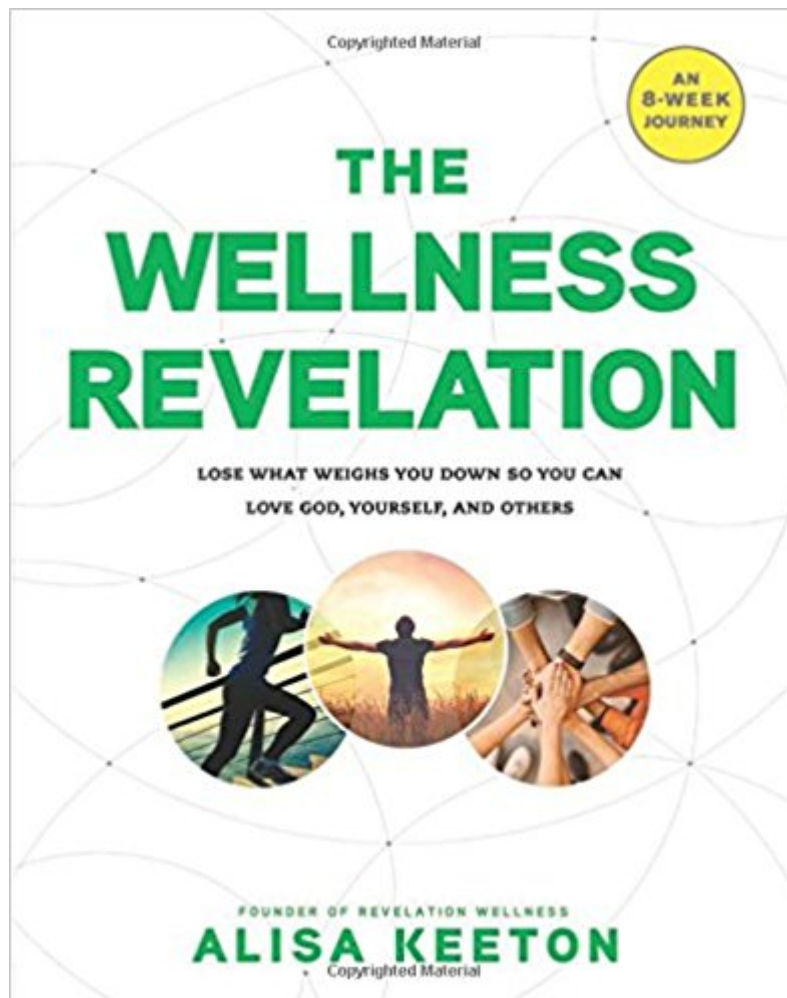




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# The Wellness Revelation: Lose What Weighs You Down So You Can Love God, Yourself, And Others



## Synopsis

What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

## Book Information

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## Customer Reviews

Freedom is found in the pages of this book. This book is of great value. It's not something you read once and you're done. It's a resource, one you will come back to time and time again. This book does not take it easy on you but.... my oh my..... it's worth every second of hard work!!

I can't wait to delve more deeply into this book! It's definitely on my gift giving list for Christmas and birthdays! Or maybe just because I love them. Blessings....

The title could not be more perfect, revelation page after page for my own personal wellness and fitness journey. The right book at the right time.

Life changing! WOW!

If you are truly ready for and wanting a change, are willing to dig deep, past the surface "fix it fast" solutions, this is the book for you. After years and years of self effort, willpower and extremes, there is so much freedom and healing to be found in His word and these pages. In this book, Alisa points us to the only One who is able to transform us from the inside out. It really is not about the food, the scale, the fitness, or your jean size.... I encourage you to begin your own journey to food and fitness freedom with this study, and Jesus, the ultimate personal trainer.

This incredible book has transformed me in how I see health and fitness. God wants us to be at our best so that we can love Him more and love others more - and also learning to love ourselves as God created us to be! Scripturally sound, this would make a wonderful small group study!

I have followed Alisa Keeton on her podcast Revelation Wellness (so amazing) and am part of their online fitness program RevWell TV. She is the real deal. I love how she shares her heart honestly but always leads us back to Christ. If you need a transformation physically, emotionally or spiritually - read this book and start listening to the podcast. God has used Alisa in my life in huge ways this past year from body image, to identity, to overcoming shame and so much more. This book is an amazing 8-week study AND it comes with a full 8-weeks of video trainings and workouts. It's literally like having a personal trainer walking you through each step of the process for much less than the cost of one session with a trainer. I highly recommend the book and this ministry!

I've been in the fitness industry for 10 years, and Alisa Keeton has uncovered the only real key to success to losing what is weighing you down. Jesus. Thank you so much for writing this very important and needed book, Alisa. I can no longer look at the diet and fitness industry the same way ever again, because you have turned on the light for me.

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