

[PDF] Trim Healthy Mama

Pearl P. Barrett, Serene C. Allison - pdf download free book



SERENE ALLISON (r) and PEARL BARRETT (l) are sisters who share the passion of healthy mothering. They both have large boisterous families and love to experiment in the kitchen on ways to best nourish their families and stay slim and healthy in the process.

SERENE AND PEARL were recording artists with a major Christian recording label. For many years they traveled extensively but eventually relinquished their touring careers for the more thrilling one of embracing home with children, dinners, dishes, and diapers. They have never looked back.

In this book, SERENE AND PEARL share their journeys from days of confusion to a place of Scripture-guided understanding. They'll have you laughing, sometimes crying, but forever changed.



"Serene and Pearl have given us a comprehensive, biblically sound, effective (and delicious) way to eat for health and weight loss. Written with humor and thorough research, Trim Healthy Mama will both entertain, enlighten, and, most of all, encourage women (and men!) to feed their bodies and souls the way God created us to thrive. I love this book!"

-Debbie Smith, wife to legendary musician and songwriter, Michael W. Smith; mother to five grandchildren to seven.

"This book sifts the scientific realities from the fads. It also addresses the diverse needs of men and growing children. You'll never look at food and health the same way. Revolutionary!"

-Kathleen Gilmore, Founder of Ki Naturals and mother to seven.

www.trimhealthymama.com



Books Details:

Title: Trim Healthy Mama

Author: Pearl P. Barrett, Serene C.

Released:

Language:

Pages: 642

ISBN: 0988775115

ISBN13: 9780988775114

ASIN: 0988775115

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Description:

Trim Healthy Mama No More Fads! A Common Sense Guide To Satisfy Your Cravings And Energize Your Life. By Pearl Barrett & Serene Allison. For Women Of All Ages And Stages! Over 250 Recipes, Proven Ways to Lose Weight, How to Balance your Hormones, How to Re-fire your Metabolism, Make your Skin Glow, Ignite Marriage Intimacy, Simple but Effective Exercise Plan. (for Pregnant Mothers too!) Answers for Postmenopausal Women.

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