



# 40 Days to Wholeness: Body, Soul, and Spirit: A Healthy and Free Devotional

*Beni Johnson*

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**One Day at a Time to a Healthier You—*Body, Soul and Spirit!***

What is the secret to revolutionizing your lifestyle and walking in Heaven's supernatural wholeness? It's simple: taking your journey one day at a time!

When Beni Johnson began her journey to health, God gave her grace to customize a user-friendly plan that would help her achieve maximum results. This same grace is available for you!

Too many people try to make dramatic changes to their health through fad diets, seasons of intense exercise, and other extreme measures. Unfortunately, these methods will never bring about the essential lifestyle changes you are looking to achieve.

In the *40 Days to Wholeness: Body, Soul and Spirit* devotional, Beni shares practical strategies in daily, bite-sized entries that will help you successfully begin your personal journey into renewed health, sustained wholeness, and measurable results!

**The Great Physician desires for you to walk in Heaven's health.**

**Get aligned with God's divine design today and experience freedom—body, soul and spirit!**

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