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Perfect Balance Guide Kongregate

Joacim Rocklöv



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Perfect Balance David Moore, 2022-01-15 David Moore has compiled a concise yet thorough approach to a healthy lifestyle in Perfect Balance Too often my physician colleagues rely on the latest medication to replace what can and should be accomplished by healthy habits I encourage you to evaluate the recommendations made in Perfect Balance and see if applying them to your life will bring better balance Each of us has at least one area in which we can make substantial improvements and see a near immediate benefit William C Adcox M D FAAFP Board Certified American Board of Family Medicine Fellow American Academy of Family Physicians I have known David Moore for decades He is a man of integrity wisdom and most importantly a man who draws his wisdom from God The Bible says Listen to counsel receive instruction and accept correction that you may be wise in the time to come Proverbs 19 20 AMP Perfect Balance will help you obey that call from God and live fully the one life that God has given you Pastor Dr John Avant President Life Action Ministries Buchanan Michigan David Moore s Perfect Balance is not a diet book those are a dime a dozen It s a blueprint for success through balance and harmony of the body mind and spirit David has been a friend for twenty five years I ve seen him practice everything he authored He lives it As a holistic doctor this book was an inspiration to me for my personal health I m looking forward to being able to share this with all my patients Dr John Giovanelli Peachtree City Georgia I have known David Moore for almost forty years and all during that time he has walked the walk that he describes in this fantastic book Perfect Balance is great for individuals seeking to find a concise guide to overcome the dilemma of dieting stress sickness unhappiness lack of spirituality and not living a healthy lifestyle Completing the recommendations laid out in Perfect Balance will help almost anyone get their life and eating habits back under control diminish their stress and help them determine a long term path toward a healthier lifestyle and develop a more contented life in general It should be a required reading for anyone who wants to live a healthier happier life Dr Michael T Hartpence Southern Crescent Medical Clinic Jonesboro Georgia David Moore s book Perfect Balance is wonderful Its insights help the reader to navigate the difficult decisions regarding health all in the light of the importance of one s spiritual life Balance in diet balance in life it is amazing how interconnected God has made it all In Perfect Balance you discover vital answers how to eat right and avoid illness understand the best food types and enjoy regenerative essential rest Tips recommendations and solid health information regarding all of this and more are just part of the feast of a healthy diet in store for you in the reading of Perfect Balance Dr Talmadge L French PhD Senior pastor Apostolic Tabernacle In my forty plus years in the health and fitness industry I ve heard and seen it all However it s rare to find a book that offers life principles that speak to the mind body and spirit My friend David shares it all in his new book Perfect Balance Far too often we neglect the most important and simple jewels of life by not paying attention to life giving details Perfect Balance is filled with what s needed to experience the abundant life as God intended Lee Haney Eight time Mr Olympia Chairman to the President s Council on Fitness Clinton Admin Founder of the International Association of

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