



Reshaping It All: Motivation for Physical and Spiritual Fitness

Candace Cameron Bure, Darlene Schacht

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Candace Cameron Bure first became known to millions as a co-star on the hit ABC television series *Full House*. Today, like her brother Kirk Cameron (*Growing Pains*, *Fireproof*), she is the rare Hollywood actor who is outspoken about her Christian faith and how it helps overcome certain obstacles.

Bure's healthy lifestyle has been featured in *US Weekly* and *People* magazines as well as national talk shows including *The View* and NBC's *Today*. In *Reshaping It All*, she continues the story, inspiring women to embrace a healthier lifestyle by moving faith to the forefront, making wise choices, and finding their worth in the eyes of God. Candace shares a candid account of her struggle with food and ultimately her healthy outlook on weight despite the toothpick-thin expectations of Hollywood.

More than a testimony, here is a motivational tool that will put readers on the right track and keep them there. In addition to practical advice, Candace offers a biblical perspective on appetite and self control that provides encouragement to women, guiding them toward freedom.

Includes 16-page black and white photo insert.

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