

# LOOK GREAT, FEEL GREAT with JOYCE MEYER

Joyce  
Meyer  
in Int'l  
Mass  
Market!

THE NEW YORK TIMES BESTSELLER



## Look Great Feel Great 12 Keys to Enjoying a Healthy Life Now

JOYCE MEYER

Author of the one-million-copy bestseller *Battlefield of the Mind*

**MAY 2009**  
**INT'L MASS MARKET**  
978-0-446-55621-7  
\$7.99  
Carton Qty. 48  
Christian Living — FaithWords  
World, Excluding UK & Europe

Order Qty

Account: \_\_\_\_\_ Account#: \_\_\_\_\_ Date: \_\_\_\_\_

PO: \_\_\_\_\_ Shipper: \_\_\_\_\_ SEA/AIR (Please indicate)

 hachette  
BOOK GROUP

Fax: 1.212.364.0933 Tel: 1.212.364.1285

international@hbgusa.com

Titles are subject to rights availability and may not be available from HBG in certain markets. Prices and on-sale dates subject to change without notice. Please visit [www.hbgusa.com](http://www.hbgusa.com) for full export catalogs.

## LOOK GREAT, FEEL GREAT : 12 KEYS TO ENJOYING A HEALTHY LIFE NOW

Joyce Meyer, Rowan Jacobsen

Bestselling author Joyce Meyer shares her own struggle to overcome unhealthy living habits, as well as the keys for restoring mental, physical, and spiritual wellness. Now in international mass market.

Our bodies are our instruments for experiencing a fulfilling life on earth, for doing good works, for spiritual development. To do the work we are meant to do, we need to keep in shape. We must maintain a sound mind, body, and soul. Yet in the modern world, it is all too easy to let one, two, or all three of these slip.

LOOK GREAT, FEEL GREAT presents Joyce's 12-key plan to address the epidemic of "self esteem drought" that appears to be a factor in perpetuating habits that create poor health. Joyce shows how simple the restoration process really is through these 12 keys:

- Finding the strength for the heavy lifting
  - Learning to love your body
  - Mastering metabolism
    - Essential Exercise
    - Balanced eating
    - Water your soul
    - Mindful eating
  - Curb your spiritual hunger
- Necessary food and necessary sleep
  - Right vision
  - Make it easy
  - Take responsibility

Additionally, Joyce will provide helpful resources, like the "Ounce of Prevention Checklist", for self-maintenance.

JOYCE MEYER is one of the world's leading practical Bible teachers. A #1 *New York Times* bestselling author, she has written more than seventy inspirational books, including *The Confident Woman*, *I Dare You*, the entire *Battlefield of the Mind* family of books, and her novel *The Penny*. Joyce's "Enjoying Everyday Life®" radio and television programs are broadcast around the world, and she travels extensively conducting conferences.