



The Body God Designed: How to love the body you've got while you get the body you want

Gregory L Jantz

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Many people look in the mirror and are dissatisfied with their bodies. They see a seat too big and a chest too small, an enormous nose or beady eyes. Psalm 139 tells us how God feels about our bodies. We get the “fearful” part; it’s the “wonderful” we’re not so sure about.

The Body God Designed presents the idea that God Himself made us and has a body intended just for you. This God-intended body may have been altered by our circumstances or by our behaviors but, with His help, we can restore our bodies to the level of health and vitality He planned for us. Jantz provides specific tips for health, including:

- Healthy models for each body shape
- Differences between healthy and unhealthy fats and where to find each
- Principles readers can use for effective, long-term weight loss
- How to refrain from secret and mindless eating

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