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Your whole life! : the 3D plan for eating right, living well, and loving God. [Carol Showalter; Maggie Davis] -- Outlines a twelve-week program to help readers transform their lives through religion, nutrition, and physical fitness, promoting the three cornerstones of diet, discipline, and discipleship.

Your Whole Life: The 3D Plan for Eating Right, Living Well ...

Your Whole Life is more than a Christian diet plan. Founded in 1972, the "3D" program is based on the principles of healthy eating, a disciplined lifestyle, and Christian discipleship. It quickly became a phenomenal success in churches across the nation.