

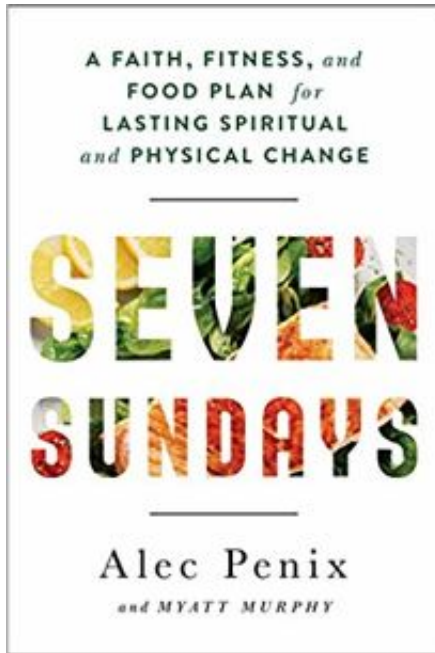
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BEST
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BUY THIS BOOK

Seven Sundays: A Faith, Fitness, and Food Plan for Lasting Spiritual and Physical Change

Alex Penix. Howard, \$26 (304p) ISBN 978-1-5011-8985-2

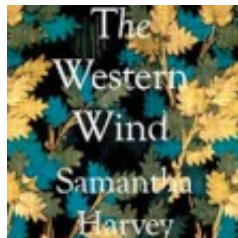
Celebrity fitness trainer Penix makes the connection between living a faithful life and living a healthy lifestyle in this animated debut. Penix shares his story of moving to Hollywood and his quest to fit in; he writes that he couldn't find the fulfillment he was searching for until he formed a connection with Christ. The book walks readers through a six-week plan in the style of a devotional, with each week dedicated to a different theme: mindfulness and goal-setting, elevating healthy habits, removing unhealthy habits, creating balance, glorifying God, and dedication to a renewed spirit. Each chapter focuses on a daily plan rooted in the "pillars of promise" (nutrition, sleep, and exercise combined with a daily purposeful prayer, Bible verse, and an act of service) that serves to foster a healthy lifestyle and create a deeper connection with God and community. For the exercise portion of the program, detailed instructions for workouts are laid out in each chapter and followed up at the end of the book with a variety of options for people of all fitness levels. Christian readers looking to maintain faithfulness and healthy habits will find great advice in this approachable work. (Dec.)

DETAILS

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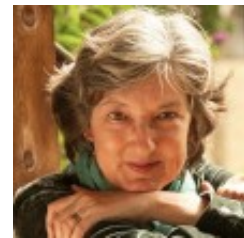
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How a Novelist Solves a Historical Problem



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