



Healthy and Free: A Journey to Wellness for Your Body, Soul, and Spirit

Beni Johnson

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Begin Your Journey to Spirit-Soul-Body Health Today...

Beni Johnson received a life-changing revelation about how anyone can start walking in holistic health—including you! You were created with a body, soul, and spirit, and you were designed to thrive in all three areas!

Life was not meant to be spent feeling sick physically or emotionally, but to be enjoyed in every aspect! Unfortunately, many people focus on one area of health while neglecting another. This can lead to spiritual disconnection, bad eating habits, depression, poor rest, and lack of exercise.

In *Healthy and Free*, Beni shows you how to:

- • Find your why: Learn the motivating secret to pursuing a healthy lifestyle as your new normal.
- • Unlock the connection: Discover the many ways your spirit, soul, and body are interconnected and how health in one area directly affects another.
- • Start simple: Receive practical and easy-to-implement steps to begin walking in health right now.

The Great Physician desires you to walk in Heaven's health. Get aligned with God's divine design today and experience freedom—body, soul, and spirit!

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