



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

Beni Johnson

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**Designed to be used with the Healthy and Free DVD Study*

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! Jesus died for your spirit, soul, and body. This means you can experience His resurrection life in all three areas!

Christians should be the healthiest people on Earth because they understand God has made their bodies His temple. 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 the interactive Healthy and Free study guide, you will discover 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 areas directly effects 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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