



**Live Your Life to the Fullest with  
the CREATION Health Life Guide Series**

The *CREATION Health Life Guide Series* takes a closer look at CREATION Health. Each guide focuses on one letter of the CREATION Health acronym and translates the fundamental concepts into easy-to-follow steps. Each book is packed with fresh insights on abundant living and strategies for integrating each principle into everyday life. Readers will discover that embracing the CREATION Health prescription can help restore health, happiness, balance, and joy to life. *Books available individually.*

**Creating Healthy Habits For Life – Part 1: Life Guide #1**

**(C-Choice)**

Choice is the first step toward improving your wellbeing. Before we can achieve positive changes in any area of our lives, we must choose to do so. Conscious decision-making is the key to experiencing the positive impact of good choices. In Part 1 of "Creating Healthy Habits for Life," you'll learn how to make effective choices for a lifetime of well-being. *978-09839881-1-3 | \$12.99 | 110 pages | Paperback | Health | carton qty: 54*

**Rest At Its Best: Life Guide #2**

**(R-Rest)**

Rest is incredibly powerful. It refreshes, rejuvenates, regenerates and rebuilds the mind, body and soul. Rest empowers you to function at your best. Optimally, rest includes a good night's sleep as well as time to relax and rejuvenate daily, weekly and annually. The true benefits of rest are misunderstood and often unappreciated. The stress and pressures of life can accumulate over time and can create a generalized "dis-ease" with life. Proper rest is a powerful antidote for this common problem. Journey through this Life Guide and be rejuvenated by the power of rest! *978-09839881-6-8 | \$12.99 | 110 pages | Paperback | Health | carton qty: 50*

**You Were Made For A Garden: Life Guide #3**

**(E-Environment)**

Environment is the external space outside of us which affects what happens within us. All of our senses -- sight, smell, sound, touch and taste -- can influence our mood as well as our health, either positively or negatively. Research demonstrates not only the importance of our larger environment (air and water quality) to our health, but also our immediate environment (light, sound, aroma and touch). In this Life Guide, you'll discover ways to reinvent your environment and revitalize your life! *978-09839881-7-5 | \$12.99 | 110 pages | Paperback | Health | carton qty: 54*

**Activity Supercharges Your Life: Life Guide #4**

**(A-Activity)**

Activity includes both mental and physical movement and development. The mind and the body are intimately connected. A fit mind promotes a fit body, and a fit body promotes a fit mind. Activity is a powerful way to grow, feel great, keep healthy, and thrive. Through this guide you'll transform your activity patterns and revolutionize your lifestyle! *978-09887406-3-1 | \$12.99 | 110 pages | Paperback | Health | carton qty: 48*

**Trusting God For Renewed Life: Life Guide #5**

**(T-Trust)**

Trust is the most important component of relationships and the minimum requirement for them to function. When we come to God just as we are, He works to transform us and to re-create us into His image. If we realize that God loves us despite our flaws, and that His will can lead to our joy and fulfillment, then we can begin to trust Him. It is only when trusting Him that we receive the power to be transformed by His love and grace. A trusting relationship with the Creator empowers every aspect of our lives and enables us to achieve the fullness of CREATION Health. This life guide will take you on a journey through trust and renew your spirit! *978-09887406-4-8 | \$12.99 | 110 pages | Paperback | Health | carton qty: 50*

**Creating Outstanding Relationships: Life Guide #6**

**(I-Interpersonal Relationships)**

Interpersonal relationships build love into the structure of society by establishing family and creating community. We encounter many of life's greatest joys while sharing hopes and dreams, hurts and hugs, with family and friends. Yet some of these relationships can also be our greatest challenges. People are wonderful—and people are terrible. The tools God uses with us—such as grace, love, truth, and time—are the same tools we can use with others. These tools are proven to grow, nurture, and even repair relationships. They are designed to help us become healthy humans and compassionate friends. *978-09887406-5-5 | \$12.99 | 110 pages | Paperback | Health | carton qty: 50*

**Creating Healthy Habits For Life – Part 2: Life Guide #7**

**(O-Outlook)**

Outlook is a gift you give to yourself -- it's the colors with which you paint the world. Some of us leave smudges of gray and dark purple as we frown through the day. That's our choice. Others leave sparkling designs of gold, green, and sky-blue. That's also our decision. A negative outlook switches off the lights of hope. It changes love to hate, and peace to stress. A positive outlook does just the opposite. It turns on the lights, ignites love, and allows our heart to focus on possibilities, not problems. In this Life Guide, you'll learn how to create healthy habits by changing your Outlook. *978-09839881-3-7 | \$12.99 | 110 pages | Paperback | Health | carton qty: 56*

**Eat for Energy: Life Guide #8**

**(N-Nutrition)**

Nutrition from food is the fuel that drives your life. It can rev you up or slow you down. Your mood, attitude, emotion, and thinking ability are all affected by what you choose to place in your mouth each day. Take time to evaluate your intake. Even small improvements, done regularly, can supercharge your health. Eat for energy. Eat for life! *978-09887406-6-2 | \$12.99 | 110 pages | Paperback | Health | carton qty: 50*