



# Devotions for a Healthier You

*Katie Farrell*

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**Devotions for a Healthier You** Katie Farrell

**Give God control of your life, and experience more joy than ever before!**

Women today are searching for ways to create healthy, delicious food, maintain a healthy body weight, and find joy in their daily lives. *Devotions for a Healthier You* will not only strengthen a woman's soul but will also help her take care of her body and mind. Katie Farrell, creator of *The Dashing Dish* (dashingdish.com), a wildly popular lifestyle blog, has gained national media and online attention. In this devotional, filled with scriptures, encouraging stories, and tips on keeping a healthy mind, body, and spirit, Katie will draw in her existing audience, as well as young women who desire to maintain balance in all areas of their lives.

Each devotion includes a Bible verse and encouraging text, along with recipes, exercise tips, meal planning, and healthy lifestyle tips. A month-long meal plan is also included. This devotional will show women that if they give God control of their lives, they will find more freedom and joy than they could have ever imagined—the freedom and joy that can be found only in Him.

Trim Size: 6 x 8

## Devotions for a Healthier You Details

Date : Published December 30th 2014 by Thomas Nelson

ISBN :

Author : Katie Farrell

Format : Kindle Edition 212 pages

Genre : Christian, Health, Nonfiction, Nutrition, Food and Drink, Cooking



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# **From Reader Review Devotions for a Healthier You for online ebook**

## **Andrea Gallant says**

This is a fantastic devotional to accompany a healthy lifestyle. I've struggled with self esteem/weight and the verses that Katie highlights are very helpful. She also includes some delicious recipes with beautiful photos. My only issue was that the devotionals are a bit short and I would have liked more elaboration.

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## **Angela Brocato-Skaggs says**

Great daily devotions mixed with words of healthy eating tips and recipes.

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## **Katie Casey says**

### **Devotional + Recipes**

Some good daily devotionals (not necessarily all about physical health, but great for overall health!) plus a handful of fitness tips and healthy recipes. Beautiful pics throughout.

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## **Kimberly Sayers-Bartosch says**

"Devotions for a Healthier You" is a wonderful companion to read daily guiding you to a healthy body, mind and soul through His Word. My favorite part about the book are the recipes, many are gluten-free, such as the Strawberry Slushe. Yum!

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## **Debra says**

I really enjoyed this devotional. I thought it may be filled with fluff, but I was pleasantly surprised at the depth and encouragement of the devotions that deal with our health as a whole (spirit, mind, body), rather than just physical. The book is aesthetically pleasing with beautiful, full-color photos throughout. It also includes several delicious recipes sprinkled throughout, as well as a one week menu plan with recipes in the back of the book.

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## **Angela Przybylski says**

**Good read to keep focusing**

I'm getting back into my faith and this was a good book to read to work on training to keep my mind on God and to relate it to the fitness side of my life.

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### **Rebekah says**

I love this book!!! I started out reading it daily but ended up reading the whole thing in about two weeks. I only gave the book 4 stars because I wish it was all KJV. The devotionals were so encouraging and the recipes sprinkled throughout look amazing!!

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### **Tina says**

I really liked the devotions for this book. I liked the verses she picked, her insights, and prayers. However, I can see myself making many of her recipes. I don't usually use protein powder in recipes or only sugar substitutes.

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### **Brindi Michele says**

I cannot wait to re-read this again as a daily devotional. To read it day-by-day was my plan (however, it's a 70-day devotional), but once I started reading, I couldn't put it down. Great tips and recipes. I think some time in April I'll pick it up again and use it daily, along with the suggested week of menu planning. Great job, Katie!!!

definitely the perfect gift for my family Christmas exchange :)

first read in early 2015

re-read May through July 2015

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### **Rebekah says**

Devotions For A Healthier You is a vibrant, creative read, full of scripture and de-lish recipes. With gorgeous photos, inspiring devotional encouragements, meal planning tips and recipes, this is a book that will find itself on your kitchen counter and nightstand. Katie is one of those people you instantly adore; the type you want to call for a beach run or baking sesh. I may see if she wants to join me in the kitchen to mix up a double batch of her killer Flourless Peanut Butter Chip Brownies. Her devotional style is down-to-earth and gracious. She has a heart to encourage readers toward Jesus and healthy living. Whether you are striving to eat better, or find yourself in a menu rut, this is the perfect book for you. It came at the perfect time, because I abhor menu planning and am constantly asking friends for new recipe ideas. Thanks Katie, for offering healthy dinner and dessert options for this sweet- loving gal. I may be obsessed with her Thai Chicken Salad and Chocolate Peanut Butter Protein Bar for One. - Bekah, [www.upcycledjane.com](http://www.upcycledjane.com)

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### **Trish says**

This is a great book. The author makes a lot of good points.

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### **Michelle Welch says**

A fantastic 71 day devotion book to help you with feeding your mind, body, and soul. Kate has totally knocked it out of the park with a book filled with scriptures to speak over yourself when you feel weak, prayers to pray over yourself to give you strength as you strive to become a healthier you, and even recipes and a meal plan to help you along the journey. You will find yourself with a healthier soul as well as a healthier body.

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### **Laura says**

I would agree with another reader and say that the last maybe 15 (out of 71) devotionals were the best. A lot of this book was very basic and not very deep. I do have to say, however, that after I finished and was flipping back through the pages, there were a LOT of powerful one-liners that have stuck with me over the last couple of months that I didn't remember being from this book.

So, this shouldn't be the ONLY thing you're reading (obviously Bible comes first) but it is a decent supplement. It would be really good for people with a lot of anxiety or with disordered eating.

Also... it is a BEAUTIFUL book!!

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### **Amanda says**

Not as many recipes as I was hoping for. Not bad, but not sure I would recommend it to anyone.

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### **Beth Cade says**

#### **Beautiful**

I loved the layout of this book almost as much as the content. This is one I will read again and again! Katie Farrell clearly knows about God's love and has been inspired to share it in this well-written devotional book!

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