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**THE BIBLICAL BLUEPRINT TO LIFELONG HEALTH, FITNESS, AND WELLNESS: A Paradigm Shift by Juliette L. McDonald**

Trafford Publishing, 2005

174 Pages, Paperback, \$18.00

ISBN: 1412062594

Genre: Inspirational Self-Help

RAW Rating: 3.5 (out of 5)

*The Battle is not Yours*

You've tried all the magazine fad diets, you've tried all the diets your friends have gotten from other friends, you've pumped more than your fair share of money in the billion-dollar diet industry, and you are still overweight. According to author Juliette McDonald, it is now time to try another source—God. In **THE BIBLICAL BLUEPRINT TO LIFELONG HEALTH, FITNESS, AND WELLNESS: A Paradigm Shift**, McDonald lets readers in on her personal battle with weight and her faith walk to overcome it. She lets readers know the battle for weight control is actually a battle with the enemy who is trying to control our bodies, and in order to defeat the enemy, we must change our mindset. She points out that scripture tells us the battle is not ours, but the Lord's. Therefore, we must put God first in all things, including our weight loss efforts.

The author opens the book with this scripture and theme, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." (Matthew 6:33) Throughout the pages of this book, she shows how to use your faith and the Bible to combat your issues with having a healthy lifestyle. She compares the process to that of building a house and uses her book as the blueprint. Before actually working on the house, you must have an unbreakable foundation. The foundation being faith, prayer and persistence. Then there are five building blocks in her plan: confession, confidence, courage, commitment and change. She takes you through each block with her personal encouragement, scriptures and an exercise to create your own personal prayers. She also incorporates strategies for your daily living that involves a lot of the things we already know about healthy living.

Though some may say this is another of those typical diet books, I was impressed with the spiritual aspect of adopting a healthier lifestyle. When you really sit and analyze it all, why not go to God first. McDonald lays all the scriptures at our feet that practically yell, "You're not alone, God is with you, just put him first and you can achieve weight loss and have a healthier lifestyle." I found her writing style to be very frank and conversational, though a bit preachy at times. I'm sure many will consider this well-worth the investment for a lifetime of change for a healthier body.

Reviewed by Brenda M. Lisbon of The RAWSISTAZ™ Reviewers

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*Brenda M. Lisbon is an avid reader and a big supporter of school-sponsored reading activities for children in her community. She and her son reside in Bishopville, SC.*