



This Is My Body: From Obesity to Ironman, My Journey into the True Meaning of Flesh, Spirit, and Deeper Faith

Ragan Sutterfield

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“The cacophony of voices about our bodies is so loud, it’s hard to hear the voices that matter. Some of us decide to forget it all and give in to one addiction or another. I’ve done that. Some of us decide to perfect our bodies and obsess over every muscle or wrinkle. I’ve done that too. Then I discovered the truth about my body: It is a gift. A sign of God’s love. And so is yours.”

Many of us think of our bodies as burdens that drag us toward failure and guilt. But what if God actually glories in the flesh? What if we had the same joy about our bodies as God does?

Ragan Sutterfield brings us back to a biblical perspective—a freeing, corrective viewpoint that reminds us of the connection between spirit, mind, and body. Along the way, he shares his journey from overweight addict to Ironman competitor. He counts his success, though, not in his decreased clothing size but in his increased understanding of how much God loves the body and what it means to take care of his whole being. This is a story for each of us.

As a teenager, Ragan Sutterfield tried extreme dieting to get rid of childhood chubbiness. As a young adult, he wrestled with his Christian culture’s tenets about the dangers of the body. As a man, he became an obese smoker in a failing marriage. And he began a journey of understanding that changed his life.

Weaving together biblical insight, personal story, and thoughtful reflection, *This Is My Body* offers an inspiring look at God’s creation of each of us as human beings, in the flesh. It is an examination of spiritual disciplines, sex, self-image, eating, environmental responsibilities, and the church’s role in misunderstandings about the body. It is also a celebration of Communion—the moment when Jesus reminded his disciples that he, too, is flesh. Spiritually rich, this is an eloquent exploration of the body in all its God-given glory.

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Nannie Hernandez:

The guide with title This Is My Body: From Obesity to Ironman, My Journey into the True Meaning of Flesh, Spirit, and Deeper Faith has a lot of information that you can discover it. You can get a lot of advantage after read this book. This kind of book exist new know-how the information that exist in this guide represented the condition of the world currently. That is important to you to learn how the improvement of the world. This kind of book will bring you inside new era of the syndication. You can read the e-book with your smart phone, so you can read it anywhere you want.

Fred Howell:

This This Is My Body: From Obesity to Ironman, My Journey into the True Meaning of Flesh, Spirit, and Deeper Faith is great reserve for you because the content that is certainly full of information for you who also always deal with world and possess to make decision every minute. This book reveal it facts accurately using great coordinate word or we can say no rambling sentences inside it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but tough core information with wonderful delivering sentences. Having This Is My Body: From Obesity to Ironman, My Journey into the True Meaning of Flesh, Spirit, and Deeper Faith in your hand like finding the world in your arm, info in it is not ridiculous just one. We can say that no publication that offer you world inside ten or fifteen tiny right but this guide already do that. So , this can be good reading book. Heya Mr. and Mrs. stressful do you still doubt in which?

Mary Flynn:

In this era globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The actual book that recommended to your account is This Is My Body: From Obesity to Ironman, My Journey into the True Meaning of Flesh, Spirit, and Deeper Faith this e-book consist a lot of the information with the condition of this world now. This particular book was represented how does the world has grown up. The language styles that writer use to explain it is easy to understand. The particular writer made some study when he makes this book. This is why this book appropriate all of you.

Dora Dickey:

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