



# Rebuilding Your Temple From the Inside Out

*Roscoe "Coe" Kirby*

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## **Rebuilding Your Temple From the Inside Out** Roscoe "Coe" Kirby

Rebuilding Your Temple From the Inside Out combines evidence based behavioral modification techniques and a “bigger picture” mindset to help you develop the skills needed to overcome lifelong unhealthy practices while honoring God at the same time. If you struggle with maintaining healthy nutrition and exercise habits, want to improve your health mindset and focus, become healthier for your family and closer to God while doing so, then this book is for you. Personal trainer, life coach, author, and speaker Roscoe “Coe” Kirby will help to guide you on a process of self-discovery that will lead you to the skills necessary to finally overcome and manage emotional or compulsive overeating, coping with food, lack of motivation to exercise, and other unhealthy practices. Most importantly, you honor God for the wonderful gift of this life with the health choices that you make.

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