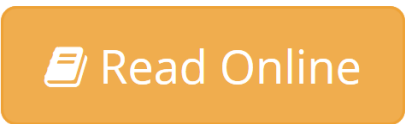




## Reshaping It All: Motivation for Physical and Spiritual Fitness

By Candace Cameron Bure, Darlene Schacht




**Reshaping It All: Motivation for Physical and Spiritual Fitness** By Candace Cameron Bure, Darlene Schacht


Candace Cameron Bure first became known to millions as a co-star on the hit ABC television series *Full House*. Today, like her brother Kirk Cameron (*Growing Pains*, *Fireproof*), she is the rare Hollywood actor who is outspoken about her Christian faith and how it helps overcome certain obstacles.

Bure's healthy lifestyle has been featured in *US Weekly* and *People* magazines as well as national talk shows including *The View* and NBC's *Today*. In *Reshaping It All*, she continues the story, inspiring women to embrace a healthier lifestyle by moving faith to the forefront, making wise choices, and finding their worth in the eyes of God. Candace shares a candid account of her struggle with food and ultimately her healthy outlook on weight despite the toothpick-thin expectations of Hollywood.

More than a testimony, here is a motivational tool that will put readers on the right track and keep them there. In addition to practical advice, Candace offers a biblical perspective on appetite and self control that provides encouragement to women, guiding them toward freedom.

Includes 16-page black and white photo insert.

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### Editorial Review

About the Author

**Candace Cameron Bure** starred for eight seasons in the hit ABC television series *Full House* (still syndicated in more than 100 countries) and is now a featured cast member of ABC Family's popular drama, *Make It or Break It*. She is also active among several charities and speaks to women nationwide about her faith-based weight loss success story. Candace lives with her husband, National Hockey League star Valeri Bure, and their three children in Los Angeles, California.

**Darlene Schacht** is founder and former editor of Christian Women Online. She and her husband have four children and live in Winnipeg, Manitoba. Find her writing daily at [timewarwife.com](http://timewarwife.com)

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