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Body And Soul: A Girl's Guide To A Fit, Fun And Fabulous Life



Synopsis

Bethany Hamilton has become a fitness expert by virtue of being a professional athlete who has excelled—and she's done it while overcoming incredible challenges. Whether you know Bethany or not, whether you surf or not, everyone has challenges, and in *Body & Soul*, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, *Body & Soul* helps young girls develop a healthy lifestyle, understand their changing bodies, gain confidence, and establish a pattern of healthy living starting at a young age. This book includes workouts specially developed for young girls by Bethany's personal trainer, recipes and information on healthy eating based on Bethany's food pyramid, which follows the Mediterranean diet, and advice on deepening your spiritual health, for a total body wellness book perfect for growing girls. This isn't a book about Bethany, this is a book about wellness, becoming your best self through physical and spiritual balance, because spiritual health is just as important as physical health.

Book Information

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Age Range: 11 - 14 years

Grade Level: 6 - 9

Customer Reviews

The book "Body & Soul" is written by Bethany Hamilton (of the "Soul Surfer" movie fame). The front of it says "A Girl's Guide to a Fit, Fun, and Fabulous Life." I chose this book to review because I have a 14 yr old daughter who LOVES the Soul Surfer movie and thus is interested in Bethany

Hamilton and what she does. If I were reading this book without my daughter in mind, I would have probably liked it more. It is a very well-made book -- catchy colors, great editing, nice graphics and photos. There are lots of exercise tips, clean eating ideas and discussion, and even some recipes. There was a small segment on spiritual things -- like do your devotions and love others--As a mom I will not give this book to my daughter because she is 14!!! I don't want her worrying about her body right now. Please don't get me wrong, she IS learning about nutrition and healthy choices, but . . . I do not want to encourage so much thinking about her own body right now. A lot of that is still my responsibility (giving her healthy foods) and making sure she has ample opportunity for physical activity. Other things, such as the "thin is better" implications -- I may have some thoughts about that too, but seeing as this is more a diet and exercise book, that's par for the course. HOWEVER! :) I do think this book is a good book for an older teen/college student who is actively involved in food and exercise choices. I wish that there was a bit more spiritual emphasis (maybe the book could have been called BODY & a teeny bit of soul. :) Just kidding -- I'm sure that the title was to tie in with the movie title.

You want to be the best, beautiful inside and out, right? Take a journey with surfer Bethany Hamilton while she shows you how living for God, trusting Him with your destination and some simple lifestyle changes can help you look healthier, feel more energetic, and give you an optimistic outlook on life. The question is â “ Are you ready? Hott Review: About a year ago I suffered from depression, barely had the energy to get out of bed, had constant headaches, and constantly ached. Luckily, I have a doctor who just told me to change my diet and take some vitamins. He gave me some suggestions, based on a genetic test, and within weeks, Iâ™d done a complete 360. Iâ™d been on antidepressants for 20+ years & just a simple switch of my diet & I no longer needed them! I rarely get headaches anymore (The ones I get I can directly attribute to something like screen time). I know this wonâ™t work for everyone, but isnâ™t your life worth the try? What I liked: So, I didnâ™t expect to like this book. Iâ™d purchased it for my daughter because I see that sheâ™s going to follow my path if sheâ™s not careful. I actually only decided to read it because I needed a YA book for a Wednesday review and needed to fill a slot in a challenge. Iâ™d say that God definitely set this one up! ;) First, I love how Body and Soul: A Girlâ™s Guide to a Fit, Fun and Fabulous Life is written. There are short sections packed with tons of facts, applicable suggestions, and fun tidbits. It makes you want to keep reading. This isnâ™t an âœtâ™s about me bookâ •. I love how the author not only talks about how this has worked in her life but in others lives as well. There are suggestions from the authorâ™s life, from her trainers, and from her husband.

Body & Soul is a new book by Bethany Hamilton. (Bethany Hamilton is probably most widely known for her shark attack story and the book-turned-movie, Soul Surfer.) Body & Soul is described as "a girl's guide to a fit, fun, and fabulous life". The book is beautifully done, with full-color, semi-glossy pages. The large format reminds me of reading a magazine. The content is divided into 9 chapters, and there is also additional multimedia content available using various electronic devices. (I didn't use the additional multimedia content, so I can't provide any review details on that.) The majority of Body & Soul focuses on a clean, healthy lifestyle. I really appreciated the fact that Bethany specifically stated that the exterior shape and clothing size is not what makes a person healthy - I feel like this is something that our girls can never hear enough of. Bethany is a Christian and doesn't hide the fact that a healthy life also includes a healthy relationship with God. Even though she didn't hide it, I felt like this book was much more heavily focused on body (exercise and nutrition) than it was on soul. I would have loved for there to have been more "soul food". With the heavy exercise and nutrition focus, however, I felt like a few things could have been clarified a little bit more (such as a more thorough definition of "clean eating"). As an adult reading this book, I knew what she was addressing...but I feel as though many tweens/teens who are going to be reading this book will not fully grasp what terms like "clean eating" and "organic" really mean. (Even my children, when we as a family try to eat nutritious, mostly organic foods, still probably wouldn't fully understand.

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