



One Size Fits All: Making Healthy Choices, Stepping into a Meaningful Life

Michele Howe

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In *One Size Fits All*, you will discover that much of life and health are about making good choices. What we say yes to, as well as what we say no to, matters in our everyday decisions. Information, no matter how valuable, remains worthless unless we grab hold of its principles and put them to use in our lives. Each one of us determines the quality of life as it pertains to our health.

Throughout every chapter of *One Size Fits All*, discover how much influence you have over your life despite periodic seasons of setback, illness, or injury. As you listen, you will learn how every individual's unique lifestyle plan includes making meaningful choices to build a healthy life. *One Size Fits All* provides comprehensive prescriptions for life that will encourage, strengthen, and fortify you to be your healthy best: mentally, emotionally, physically, and spiritually.

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