

## **FOR IMMEDIATE RELEASE:**

### **It Began In The Garden: Understand Your Past For A Healthier Future**

***The struggle for health is very real and it's not your fault. It began with one decision in a beautiful garden long before your birth, but it doesn't end there. The rest of the story is up to you. Adam & Eve made their choice. Now it's your turn.***

Hanover, MA (PRWEB) March 10, 2017 -- Long before you were born, your story started with Earth's first inhabitants, Adam and Eve, and one small decision. You can't change the beginning of your story, but you can understand the part it plays in your struggle for health today. More importantly, you can discover hope, encouragement, and resources for making fresh choices that will lead to a healthier future.

Integrating her experience as a trained counselor, certified nutrition coach, and personal trainer, Heidi dives into the Genesis narrative to explore our shared battle with physical, emotional, and spiritual health. Through stories, humor, and dozens of practical tips, these pages will help you learn how to:

- Make small daily changes for big impact
- Release the blame and shame that have kept you stuck
- Have a "good enough" relationship with food
- Embrace life beyond the scale
- Live at peace with your body

Bob Merritt, senior pastor of Eagle Brook Church, the largest multisite church in Minnesota with 7 campuses and 22,000+ attenders, wrote the forward for the book. He says this of the new release, "*It Began in the Garden* is well written, creative, punchy and readable. Heidi's warmth and heart for transformation shines through each lesson." He adds, "What you do every day *is* your life. If you're not living the kind of life you want, this book offers you the creative, practical tools you need to start living a better life."

**About Heidi Zwart:** Heidi is the founder of *The Unstuck Life*, an online community that helps women make peace with their body and life. She holds a Master's Degree in Counseling Psychology from Bethel University, is a Certified Nutrition Coach with Precision Nutrition and a Certified Personal Trainer with Life Coach training. Her unique blend of education and experience has allowed her to work with both churches and a diverse population of hundreds of men and women as a consultant, coach, and advisor.

#### **For More Information:**

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