



Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life

By Bethany Hamilton

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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 "you," through physical and spiritual balance, because spiritual health is just as important as physical health.



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Editorial Review

From School Library Journal

Gr 6 Up—Hamilton, a professional surfer who lost her arm after a shark attack but who returned to the sport to win a National title only a month later, is back with a new book about how to be fit, fun, and fabulous by eating healthy, exercising, and finding your inner self. Right from the start, Hamilton makes her religious background clear, but even though one whole chapter is devoted to faith, the overall focus is on inspiring her audience, not on preaching religious views (she even states, "No matter how much I want others to make improvements to their lifestyles, I can't push them to make a change"). Tween and teen girls will enjoy the writing, which makes readers feel as though they're having a one-on-one conversation with the author. Each chapter has tips and tricks on how to stay on task, as well as a Q&A session with Hamilton. The chapters on exercise and healthy eating are supported by a certified athletic trainer and a nutritionist and are easy to follow, and the step-by-step pictures of each workout make them accessible. The recipe and healthy eating chapters emphasize Hamilton's own food pyramid and her concept of a "clean green" diet, and the advice she gives will apply to most readers. This title will inspire girls to gain self-confidence and make better choices in their own lives.—Joanne Albano, Commack Public Library, NY

About the Author

Bethany Hamilton: Bethany has become a source of inspiration to millions through her story of determination, faith and hope. In 2003, Bethany lost her left arm while surfing to a 14-foot tiger shark. Rather than let her career as a rising surf star come crashing down, Bethany miraculously returned to the water one month after the attack, a year later won her first National title, and has since realized her dream of surfing professionally. Her unbelievably positive attitude fascinated the world, and her story has been told in an autobiography and later adapted to the 2011 film, *Soul Surfer*. Bethany and her husband, Adam Dirks, are involved in many charitable efforts, including Friends of Bethany, which she and her family created to help shark attack survivors, traumatic amputees, and serves to inspire others through her life story. Now as a professional surfer, motivational speaker, and healthy lifestyle advocate, Bethany continues to touch and inspire lives globally.

Users Review

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Mary Olive:

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Kristen Zamora:

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Harry Anderson:

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that's look different you can read the book. It is really fun to suit your needs. If you enjoy the book you read you can spent the whole day to reading a e-book. The book Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life it is rather good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book from a smart phone. The price is not to fund but this book provides high quality.

Michael Rahn:

People live in this new day time of lifestyle always attempt to and must have the free time or they will get wide range of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading ebooks. It can be your alternative in spending your spare time, often the book you have read is Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life.

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