



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

*Bethany Hamilton*

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

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

READ and HEAR Edition: 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 *Surfer Style*, Bethany shares some of her core experiences with body, mind and spirit. Sharing her expertise as an athlete, *New You* 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.

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

Date : Published May 6th 2014 by Zondervan (first published April 23rd 2014)

ISBN :

Author : Bethany Hamilton

Format : Kindle Edition 158 pages

Genre : Nonfiction, Christian



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**Bethany Hamilton**

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# **From Reader Review Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life for online ebook**

## **Misty Nordyke says**

\*\* I received this complimentary book from Book Look for my honest review and opinions. \*\*

My daughter Tessa LOVES Bethany Hamilton, so I decided to request this book for her to read and for her to give her opinion and here is what she had to say about the book:

" What I LOVED about this book is all the healthy recipes and exercises that Bethany likes. Bethany says the exercises she likes to do, because they keep her body healthy and fit. She also shares stories about her family and life. I am a big fan of Bethany's, and I just love to read about her. I think every girl would enjoy reading this book, I know I did. She is such an inspiration! I would give this book 10 stars and a BIG thumbs up."

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## **Kate (The Shelf Life) says**

Being a preteen-teenager is hard. It was the most awkward part of my life and I still shutter at pictures from that time. Granted for a part of that time I had a loose perm (don't judge, it was the 90's and there were no flat irons at that time). But that wasn't the most difficult time. It was the not knowing of how to take care of myself in a healthy way. Starting those habits need to be started early, and I didn't know where to start, and like a stubborn teen, I didn't want to talk to my parents. Some of the books I found, they were dry and just didn't click with me.

I want to avoid that with my kiddo, so I was interested to see what Body & Soul was like. I remember the story of Bethany Hamilton from years ago and then really liked the movie Soul Surfer that came out a few years ago. I figured, if there was anyone who could relate with girls, she was the girl. Every time I saw her in interviews or hear her story, she always was positive and was a wonderful motivator, and she had a wonderful passion for Jesus.

I have to say, that the book she crafted with the help of her trainer really is a wonderful book for girls. It is a positive book that offers such encouragement that is needed at that age. It also presents the reader with a wonderful assortment of workouts and some fantastic recipes, simple, but good and healthy ideas. I loved how there was so much ginger. I feel in love with ginger when I was pregnant, it was one of the few things that helped my stomach. I love seeing the different ideas to add it to.

This book focused on healthy eating and clean living, but it also focused on confidence. What a hard struggle for a girl to battle in this day and age and Bethany covered it well and incorporated some wonderful verses through out the book.

I think this book is wonderful for mothers of girls and for preteen/teenage girls. It is a wonderful mix of information.

Thank you to Zondervan, I received a copy of this book for free in exchange for an honest review.

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### **Malia Humphry says**

Do you want to live a healthy and fit life? In the guide “Body and Soul,” pro surfer Bethany Hamilton teaches readers how to reach your potential in the body God gave you by using her past experiences and her life in Hawaii as examples of this. I chose to read this book because I love the ocean, surfing, and being active so why not learn how to live this lifestyle even better? I also read this book because my grandma knows Bethany and sent this book to me to read it so I felt guilty the last time I saw her and I had to tell her I hadn’t gotten around to reading it yet.

Bethany Hamilton mostly focuses on how readers can eat better and stay active in any way to stay fit. She also explains how God planned everything that happens in our life and that everything happens for a reason. A good example she uses is her horrible, life changing tragedy that happened when she was surfing at age 13. Hamilton’s arm was eaten by a shark when she was attacked on a normal surf day in a common surf spot. Luckily for her, the shark didn’t eat the rest of her or come back for more and she lived. Unfortunately, she had to struggle with learning to surf with one arm and do all her other daily things with only one arm.

I really like how in the end of the book, she encourages you to try out her healthy tips for a healthy lifestyle and even gives you a healthy diet plan with recipes for alternative nutritious meals and snacks. I like this a lot because it gives me the motivation to want to follow this plan since it is already made for me and I can just follow it to feel, function, and look better. My favorite part of the book is her question answering section where she answers questions about her struggles from curious fans. I like this part because it answers some of my own questions I would ask her, and I also like this section because some of the questions asked are a bit silly and made me laugh.

I really enjoyed this book and I suggest this book to anyone who loves God, the ocean, food, and being active. This book is a lot like her autobiography in the way she explains her challenges and success stories and will really inspire you.

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### **Gina Hott says**

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 – 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 be to change my diet and take some vitamins. He gave me some suggestions, based on a genetic test, and within weeks, I'd done a complete 360. I'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 won't work for everyone, but isn't your life worth the try?

What I liked: So, I didn't expect to like this book. I'd purchased it for my daughter because I see that she's going to follow my path if she'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. I'd say that God definitely set this one up! ;) First, I love how *Body and Soul: A Girl'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 isn't an "It's about me book". 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 author's life, from her trainers, and from her husband. It's really great how she pulled this together and makes the book read more like it's a support system than a dictation.

What I didn't like: Honestly, I loved this book. It's a definite keeper & I'll be buying copies for the tweens (and girlfriends) in my life.

More...

Author: Bethany Hamilton

Source: Purchased for my daughter on August 24, 2014 (\$0.99 Deal)

Grade: A+

Ages: 12+

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## Sally says

Bethany Hamilton overcame seemingly insurmountable odds and now brings hope, faith and fitness to girls ages 11 – 17. In this book "Body & Soul" she not only teaches you about physical commitment but also faith commitment. She shows the importance of self-control and perseverance in no matter what you are choosing to do. Self-esteem and learning to love yourself as God has made you is a big part of this book along with building self-confidence. She tops her book off with not only recipes, exercise tips, but also with prayer, trusting God in any given situation and reading your Bible.

The pages are filled with encouragement geared to that difficult age from 11-17, when you are struggling to learn and accept who you really are. As I read this book, I was amazed at even after all Bethany endured, she was still able to encourage others and share her God-given victory. I think as each girl reads this she will be able to understand the encouraging messages and apply those to their lives and to understand that beauty which comes from within is a lasting beauty. Healthy eating and exercise help enhance that inner beauty and give you a feeling of well-being.

I would highly recommend this book to any girl from the ages 11-17 struggling with accepting who she is or just needs encouragement. It is filled with love, faith, encouragement and the promise by God, you are never alone.

Disclosure: I was given a copy of this Book by the publisher, ZonderKidz, for an honest review. I was not required to write a favorable review nor was I compensated for my review. The opinions in this review are my own.

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## **rhonda reed says**

### **Awesome**

Easy read for healthy living for your mind body and soul. Wish she would come out with some adult books

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## **Tanya says**

Bethany Hamilton has been a big inspiration to my girls for several years now and they were both excited to see this book about being fit and healthy. The nutrition information is basic and appropriate, but for me it was a bit annoying to read, "Kirby says...." Most of the information is based on what dietitians would recommend, and I wish it was more globally stated that way. And with a recommendation to see a dietitian if there are questions about one's nutrition planning. The fitness plan has nice clear photos and the week's worth of a sample daily plan for incorporating but room, fitness and spirituality was helpful. I liked the way the book was organized and the graphics to highlight Bethany's key principles and scripture was nice as was the scriptures selected. There is one section in the book with many typographical errors in a row and it mildly irritating though did not affect the overall message. Her message of faith comes through loud and clear as it does in each of her books, but this one really helped show how balance is important and showed her struggles as being present, but not stressful as she puts her faith in God's plan for her future. It makes adolescence seem manageable for a teen, particularly with the right components and emphasis on doing the best you can with nutrition and fitness without beating oneself up if some days are a bit more challenging than others.

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## **Lindsey Silvestrini says**

Most people have heard the inspiring story of surfer Bethany Hamilton who lost her arm to a shark and lived to surf again! Not many of us would have the courage to ever get back in the water again, let alone re-learn how to surf with the obstacle of having only one arm. She is truly an inspiration and that's why I was eager to read her book *Body & Soul: A Girl's Guide to a Fit, Fun, and Fabulous Life*.

What's incredible about Bethany is that she's as beautiful on the inside as she is on the outside. I love that this book focuses on both and is geared towards girls 11 – 14. It's such a scary time of life with hormones kicking in and the roller coaster of emotions that come with it. There are lots of big changes starting Junior High and all those awkward transitions between child and woman.

Bethany shares lots of things including healthy recipes, workouts, encouragement and even Bible verses. I love that she is such a wholesome, all around positive example for girls that are at such an influential age and just looking for someone to follow. In this age, there aren't many positive role models that age that are stepping up and living a life in the way that they should.

Since this IS the age of technology, it's pretty cool that it includes content for your phone! You just download the free app, look for the symbol that says there's even more information for you, scan it and you've got it! I have seen these in a few children's books now and I'm waiting for it to show up in my

books! Every detail of this book is adorable, well thought out and I loved it!

I think young girls will be drawn right in and drink up everything Bethany has to say in Body & Soul. My little girl is still too young for it but if I had a pre-teen, I'd definitely want them reading this one!

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### **Jennifer Bardsley says**

Got a teen girl? If so, I have a great book recommendation for you. *Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life* by Bethany Hamilton is an easy read full of pictures—and so much more.

This book is about nutrition, exercise, and balance. The writers break down what it means to eat clean, and provide clear examples of great exercises you can do at home without any equipment. There is also a Christian theme, but not so intense that it would throw readers from different religions off.

As soon as I started reading *Body and Soul* I immediate thought of a student athlete I know, and what a great pick this book would be for her. But once I saw all of the recipes I decided to keep *Body and Soul* for myself. I haven't been this inspired to cook in a long time! I guess I'll be buying an extra copy on Amazon when it's released on May 6th.

P.S. I received a free copy of this book from BookLook in exchange for my honest opinions and review.

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### **Sarah says**

Weight and body image has always been something I've struggled with – even when I was in the Navy and weighed less than that I ever have, it was still a struggle to stay at the minimum weight requirements – enter being a mom – each of my daughter's also struggle with their weight. Due to that fact I requested Bethany Hamilton's book, *Body & Soul* to review so that maybe it would spur my girls and I on to getting in shape and getting fit. Thankfully this book isn't hyper on losing weight or looking good on the outside, Bethany stresses multiple times through the book that it isn't what you look like on the outside it's about how you feel on the inside (face it if you eat sugar you feel bad, if you eat 'whole' you feel better) by eating good foods and exercising. If you feel good on the inside then that exudes from the inside out and people will see it and find you someone they want to be around – the energy one gets when they're exercising and eating right is amazing and you feeling better makes others what to talk and get to know you.

I've heard some people say this book is too focused on weight or looks, and I can say that is the farthest thing from the truth, what I read was Bethany telling girls they don't have to be skinny, they don't have to be the drop-dead gorgeous model type to be in shape and to be attractive, because God made us all in ways that bring Him glory. Even a slightly overweight person who eats veggies and exercises can still have healthy numbers while an ultra skinny person who is feasting on chips and soda may be the unhealthiest person on the earth! That said I love that throughout Bethany has included multiple Scripture verses and also makes sure to reiterate that God is the Creator and He has formed us in the way He wants and that is the most important thing. Also are Bethany's Soul Secrets which are tips from Bethany and her experience, Kirby Says which are words of advice or encouragement from Bethany's trainer, sections with tips for busy time snacks and more, and also interactive features to journal in thoughts and feelings.

At the end there are several work out regimens that are given in full detail with pictures to help you do them correctly – because if you’re not doing them right you can get injured! A lot of the exercises look like great fun and I’ll even be trying some of them too and my favorite section is the recipes. Tasty and wholesome (although I’ll omit the eggs and honey and use Stevia) and quick to whip up even my 12 year old daughter could make these on her own. As our days get busier with each daughter taking two dance classes a week and then hopefully making the junior dance company I can see the green smoothies becoming something we’ll be making use of on the days we are on the go and need a meal on the run. Would I give this to my 12 year old? Yes – it’s not focused on just body image but about the whole self – spiritual, mental and physical – when one is out of whack the rest are quick to follow. This book is geared to girls ages 11 to 14 and I think, as long as your girl knows her worth isn’t wrapped up in how she looks, then this book will be great in getting her to focus on how she feels inside and where she is at spiritually. I don’t think I’d give this to a young girl or even an older girl who has major body image issues as they may twist the message in the book so ensure the girl you give this too is positive in how she looks at herself so she gets what she is supposed to out of it.

\*\*I was given a copy of this book from BookLook Bloggers in exchange for my honest opinion, no other compensation was given.

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### **Danielle Decker says**

I got this book with two hopes. One, that I could share it with my daughter. Two, that it would help teach about the birds and the bees, because she’s about that age now. It far surpassed the first hope that I had. The second hope, well, it wasn’t that kind of book. What it was though, was a book that I am excited to share with my daughter.

Since I got this book dropped onto my porch yesterday, my daughter has been hounding me to hurry up and finish readying it. Not only was I driven to finish it to write my review and choose a new book to read, but my child was eager to read it!

Bethany Hamilton does an excellent job helping to build a young lady’s self esteem in this book. I think that is a very important thing to teach and keep an eye on.

What I really also liked was the health and fitness part of the book. I am recently going through a struggle with my daughter. She wants to eat all of this junk food, constantly. But she is worried about getting fat. She’s not, but she is getting a little belly on her. :-) Totally normal, but she still needs to eat better.

Body & Soul includes exercises, a weekly schedule to try, a list of ingredients to stay away from and recipes to stay healthy.

Right now, my daughter is standing next to my computer, waiting to grab this book when my blog post is done.....oops, there it went! It’s in her hands. Now my prayers is that the information in that book will go to her heart.

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### **Patricia says**

I gave this to my daughter for her 13th birthday. Bethany Hamilton is truly inspirational and so uplifting and encouraging - it comes through in the book. It's filled with simple and healthy recipes and fun exercises. Great photos and colorful, beautiful layout. We have owned this book for 2 years now and we frequently refer to the book for recipes and exercises.

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### **Winter Sophia Rose says**

A Beautiful, Inspiring, Fun, Informative Read! Loved It!

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### **Jalynn Patterson says**

#### **About the Book:**

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."

#### **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.

#### **My Review:**

Bethany Hamilton is not defined by her losses and she inspires you not to be defined by your losses as well. Becoming known in every household during a devastating accident due to a shark attack, I'm sure was not her intention all those years ago. She would of much rather had come to know the world as a professional

surfer---something she has done all her life. But as a result of that accident she is also known for her inspiring&encouraging spirit and her faith in the Lord.

In *Body&Soul*, Bethany shares with us her process of getting in shape and staying in shape not just physically but mentally as well. She provides fitness tips, recipes, even different exercises to keep you fit. This book is a great book of fitness strategies as well as recipes and faith building exercises to get you to goal fast and keep you there.

\*\*Disclosure\*\* This book was sent to me free of charge for my honest review from the publisher.

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### **Callie says**

#### **Body and Soul**

"*Body and Soul*" was written by Bethany Hamilton by HarperCollins Publishing.

This book is a great way to inspire girls to want to live a better lifestyle, and to be strong in the faith, body and health. It encourages them to build confidence and think positively of themselves. The author, Bethany Hamilton, is a wonderful role model herself. As a shark-attack survivor, Bethany has one arm and a positive attitude. Hers is a story of determination and faith.

I think this book is a great guide to a "fit, fun and fabulous life" ( see cover) full of faith. Its pages holds a step-by-step guide to building confidence, plus illustrated workouts and recipes for healthy, delicious recipes.

Overall, I think this is an inspiring book that is full of helpful tips and challenges, beautifully written by an inspiring author. I like this book because it inspired me to reach for my goals, think positively, build confidence in myself and eat healthier. It makes me feel better about myself, inside and out.

Thank you to the Booklook Bloggers program and HarperCollins Publishing for giving me a copy of this book to review. All opinions are my own, and honest. I was not paid to give a positive review.

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