



## Faithful Fasting

By Errica L. Williams

Xulon Press. Paperback. Book Condition: New. Paperback. 80 pages. Dimensions: 8.3in. x 5.4in. x 0.4in. Faithful Fasting is a desk-reference kitchen-countertop cookbook that contains 100 easy-to-prepare recipes and meal options that lack meat, white flour, refined sugar, and artificial preservatives - the basis of a Daniel fast and ultimately healthier eating and living. This cookbook is designed so that everyone, regardless of income, can begin to eat healthier. The ingredients for the recipes are generally pantry staples, those that are found in community grocery stores and large food retailers and grocery retail chains. Born in the hub of Southern cooking, Errica Williams is a native of Birmingham, Alabama. She holds a bachelors degree from The University of Alabama and a Masters Degree in Public Health from the University of Alabama at Birmingham. Since matriculating, she has worked managerially and administratively in a variety of areas including the medical and dental fields, insurance and managed care, information technology support, education, retail, and graphic design. Errica currently works full-time (and over-time) as Chief Home Officer for her family. She enjoys hobbies such as scrapbooking, traveling, shopping, and tennis. With a special passion for families and children, she also works with the married couples and...



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