Deep Black Pond At No. 12

Tammy and Jake Learn About Health and Sickness

Catherine MacKenzie

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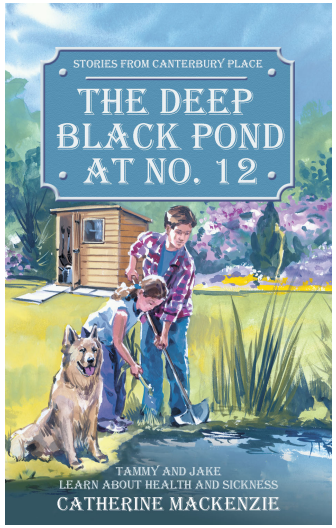

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AUTHOR

Catherine MacKenzie comes from Scotland and has written several biographies for young teens in the Trailblazers series as well as other titles for younger children. She is Editor for Christian Focus' children's imprint, CF4Kids.

ENDORSEMENTS

We keep hearing about children's health, eating habits, and levels of exercise. I often think about the poor advice I received as a youngster regarding what was considered then to be a 'healthy diet.' We can get obsessed with things, but more often than not today our children haven't a clue about what health means for them and how God wants them to use their bodies to glorify him. I hope this book goes some way to helping children to focus on a healthy lifestyle in what is a healthy way. I also hope that I really do practice what I write :-)

Catherine MacKenzie
Author and CF4K Editor

TECHNICAL DETAILS

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