

January 2020

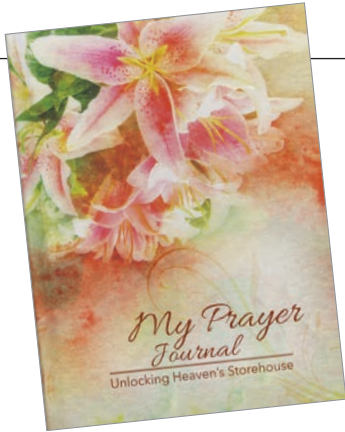


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Radical Resolution: Gratitude

This year, one of the most radical resolutions you can make is to actively practice gratitude. Intentionally cultivate thankful thoughts, be conscious of how you feel about your blessings, and keep a thankfulness journal. As you do, thankfulness becomes gratitude, which will transform both you and the world around you.



My Prayer Journal: Unlocking Heaven's Storehouse

This hardcover prayer journal features inspired quotes on prayer and is a perfect place to record your thankful thoughts as you develop a mind-set of gratitude.

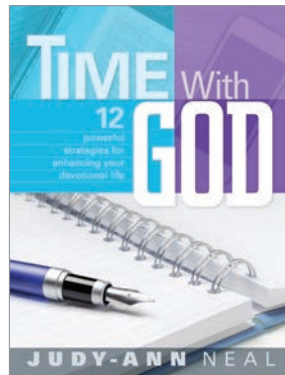
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Time With God

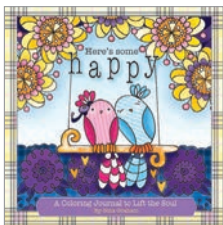
Judy-Ann Neal

Learn how the daily practice of prayer journaling and biblical reflection can become a life-changing, transforming power in the life of a Christ follower. Dive into prayer journaling, memorizing Scripture, finding God through stories, claiming Bible promises, and growing your experience through the practice of gratitude.

us\$16.99



"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts." —Henri Frederic Amiel



Here's Some Happy: A Coloring Journal to Lift the Soul

Gina Graham

This beautiful book contains 128 pages of designs and illustrated Scripture to color, as well as plenty of lined space for journaling. For anyone who loves to color and journal, this book is a double delight.

us\$15.99

Thankful Heart DVD

Kids in Tune

Thankful Heart is the first release by Kids in Tune, a children's choir at the Madison Campus Church in Madison, Tenn. The 49-minute video includes 10 tunes that inspire gratitude and praise for our Savior.

us\$19.98



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Be Your Best Self

"Only one lease of life is granted us; and the inquiry with every one should be, 'How can I invest my powers so that they may yield the greatest profit? How can I do most for the glory of God and the benefit of my fellow men?' For life is valuable only as it is used for the attainment of these ends." — Ellen G. White, Counsels on Diet and Foods

Secrets to Wellness

Ernestine Finley

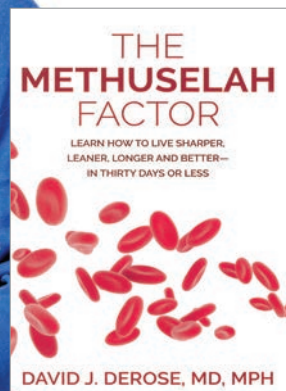
It only takes eight secrets to improve your life. These secrets are neither complicated nor expensive. They offer no magic bullet or healing elixir. The key to improved health is making positive lifestyle choices. This book will not only tell you what to do but how to do it. Every chapter ends with practical tips to wellness that you can put into practice immediately. **us\$14.99**



From Plant to Plate: Diabetes Edition

Tami Bivens

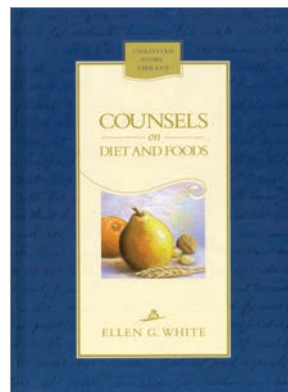
Created with freshness, simplicity, and overall wellness in mind, *From Plant to Plate: Diabetes Edition* contains everything you need to transform your health through the power of nutrition. With 92+ plant-based recipes, corresponding cooking videos, and a plethora of dynamic nutrition content, this book will jump-start your journey to a healthy new you! **us\$25.00**



The Methuselah Factor

David J. DeRose

Do you want to improve how you look, feel, or function? Then this book is for you. It guides you on a detailed, yet practical, 30-day journey to improve your "Methuselah Factor" (DeRose's term for blood fluidity). Using this monthlong program, you can decrease your risk of disease, improve mental performance, shed excess weight, and enhance your physical performance. **us\$18.95**



Counsels on Diet and Foods

Ellen G. White

Decades before many physiologists were concerned with the close relationship between diet and health, Ellen G. White clearly pointed out the connection between the food we eat and our physical and spiritual welfare. Her counsels have exerted a strong influence on the dietetic habits of Seventh-day Adventists, and the general public. **us\$19.99**

Adventist Heritage Series

Ruggy the Mountain Buck

Mabel Earp Cason

When Danny stumbled across a starving fawn in the forest, he insisted that the family take it home to care for it. As the years went by, Danny's pet grew bigger and soon he was spending more and more time in the woods with his deer friends. Between hungry mountain lions, angry bears, and the fierce winter blizzards, Danny worried for Ruggy. Would he ever come home again? **us\$13.99**



Love stories? The Pacific Press Adventist Heritage Library features a collection of old story books, digitized and printed on demand. Most contain subtle spiritual object lessons without an overt religious theme. Have a favorite? Let us know!

#adventistheritagelibrary

Song of the Trail

Mabel Earp Cason

Each spring old Doroteo drove one of Jess Cameron's six flocks of sheep across the desert to the high summer pastures where the grazing was lush and water plentiful. Jess's son, David, received his parents' permission to accompany old Doroteo to the high pastures for the season. The story tells how the sadness and laughter and frustration of the sheep trail taught David to be responsible for his obligations and always to put his trust in "the Good Shepherd." **us\$12.99**

SALE \$5.97



Out of the Storm

Jan S. Doward

This is the autobiography of Jan S. Doward. As a young boy, he was inducted into the army. He considered himself a Christian, but through his experiences, God showed him that he needed to be a follower of Jesus. "Even though the war was half over, there was no assurance that I would not be killed in action." **us\$11.95**

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Pacific Press®
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Christian Magazines for Kids

Did you know that Pacific Press offers weekly magazines designed especially for kids? **Guide** covers ages 10–14, **Primary Treasure** reaches 6- to 9-year-olds, and **Our Little Friend** is for tots 1–5. Each issue shows children how to walk with God, teaches ways to love others, and instills biblical values for eternity. Traditionally these magazines have been distributed during children's Sabbath School classes. But why limit their reach? Consider sending subscriptions directly to the households of members with children, dropping bundles at hospitals, or distributing issues in Adventist school classrooms.

Guide Magazine, us\$61.58 annual subscription, 52 issues

Primary Treasure, us\$39.35 annual subscription, 52 issues

Our Little Friend, us\$31.04 annual subscription, 52 issues



SPECIAL DEAL for JANUARY!

One Trip to Kenya

David Edgren

Master storyteller David Edgren was invited on a three-week trip to Africa to tell the people stories about Jesus. What he got to see and experience was Jesus in action. He got to hear their stories! us\$13.99

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Martin Doblmeier

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City of God

Michael Harris

The soothing, deep voice of Michael Harris reminds us of heaven and the Second Coming. With a brief glimpse of Calvary, these songs will surely cause the listener's heart to soar. us\$15.98

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