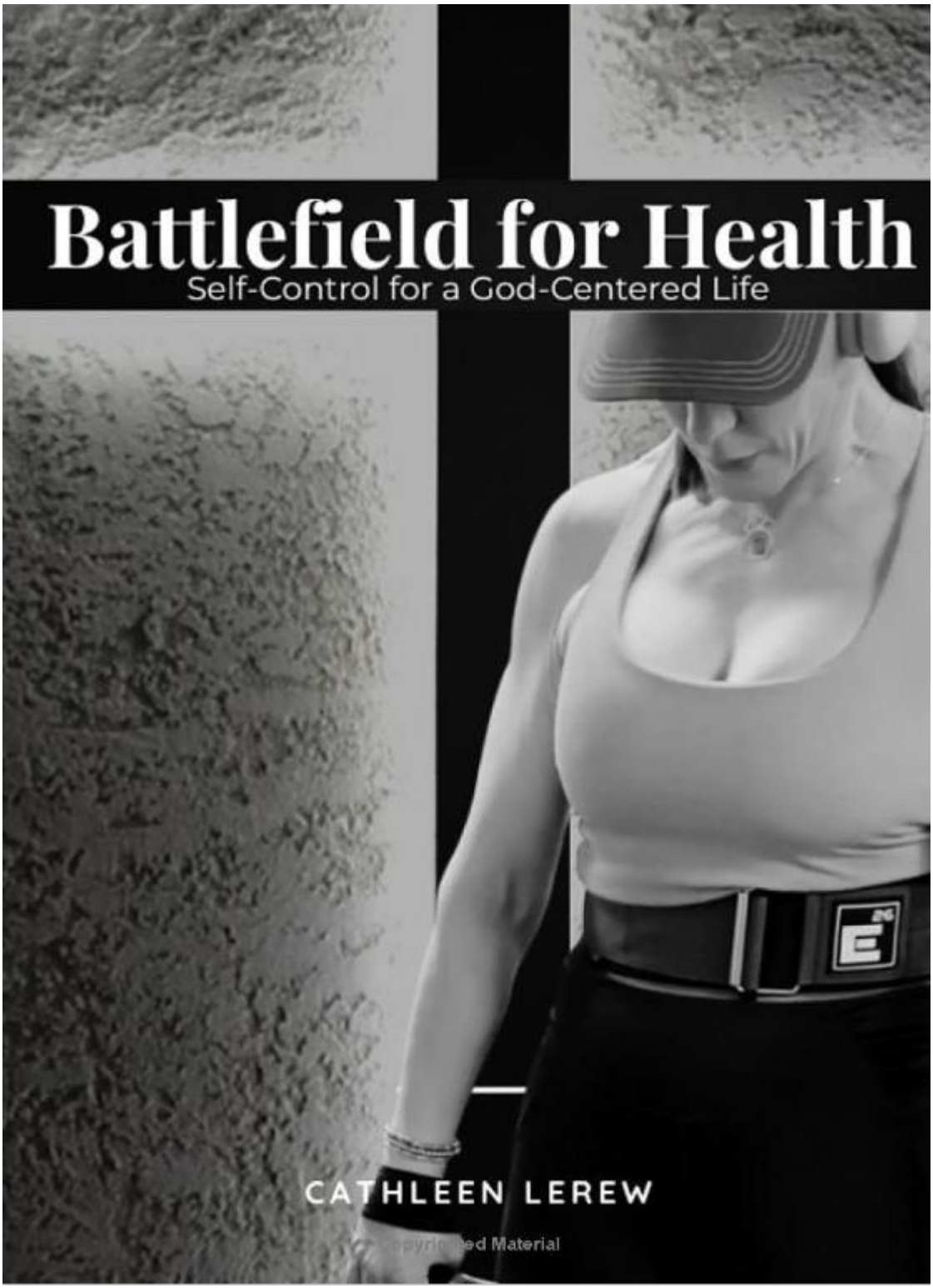

Battlefield for Health
Self-Control for a God-Centered Life
CATHLEEN LEREW
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Battlefield for Health

Self-Control for a God-Centered Life

By
Cathleen Lerew

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BATTLEFIELD FOR HEALTH: SELF-CONTROL FOR A GOD-CENTERED LIFE

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Foreword

By the Author's Daughter, Denae

You didn't pick up this book by accident. Somewhere along the way, something in you knew that the way you've been living striving, pushing, or starting over was no longer sustainable. Maybe you're tired of setting health goals that never last. Maybe you're worn down by caring for everyone else while neglecting yourself. Or maybe you feel stuck, longing for deeper purpose, clarity, and peace. If any of this resonates, take a breath. You are in the right place.

My name is Denae, and I am Coach Cathleen The Body-building Potter's daughter. I've had a front row seat to the story you are about to read. Not the polished version. Not the "after" photo. The real, daily, lived journey of a woman who loved God deeply, yet carried pain - physical, emotional, and spiritual - for far longer than anyone should. I watched my mom show up for everyone around her while quietly battling chronic pain and misdiagnosed postpartum depression for more than 19 years. I saw her pray for healing, try every solution offered, and keep going even when the breakthrough didn't come.

And then, I watched something shift.

What makes this book different, from what I have witnessed firsthand, is that it is not about a quick fix, a rigid program, or a pursuit of perfection. It is about surrender. It is about obedience in small, unglamorous choices. It is about learning to live a God-centered life where faith doesn't sit on the sidelines, but directs every decision, including how we care for our bodies.

I watched my mom turn her health journey over to the Lord completely. Not halfway. Not conditionally. Fully. And in doing so, I saw her become not just a stronger woman, but a healed one.

Her transformation was never just physical. Yes, the outward changes were undeniable, but what impacted me most was the inward work. I saw her confidence return, her joy deepen, and her peace grow steady and rooted. I saw discipline replace chaos, clarity replace overwhelm, and faith replace fear. She didn't become someone new. She became more fully who God had always created her to be.

This book is an extension of that journey.

What you will find in these pages is not theory. It is lived experience. It is a testimony of what happens when faith leads and action follows. My mom doesn't write as someone who has it all figured out, but as someone who has walked the road of trial, surrender, and daily obedience, and continues to walk it.

As her daughter, I can say this with confidence. The principles shared here are real. They work because they are rooted in truth, not trends. They are grounded in Scripture, not shame. And they are offered with grace, not judgment.

This book is an invitation. Not to strive harder, but to trust deeper. Not to control outcomes, but to practice self-control as a fruit of the Spirit. Not to earn worth, but to live from the worth already given to you by God.

If you choose to step into this journey, know that you are not expected to be perfect. You are only asked to be willing. Willing to show up. Willing to surrender. Willing to take one faithful step at a time.

I invite you to let your guard down. Read these words as many times as you need to. Work the pages of this book, not for comparison, not for approval, but for yourself, for your

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family, and for Him.

I have seen what God can do through a surrendered heart and consistent, faith filled action. My prayer is that, as you turn these pages, you will begin to see what He can do in you as well.

Biblical Israel to Wipe Out Entire Nations (Quick-Read Collection)