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30 Days of Prayer: Healing Autoimmunity for Women

Ruschelle Khanna

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30 Days of Prayer: Healing Autoimmunity for Women Ruschelle Khanna
In her dynamic Christian devotional, Ruschelle Khanna, health advocate and speaker provides a personal healing retreat for women seeking pain relief from autoimmunity including Lupus, arthritis pain, MS and thyroid diseases. This collection focuses on ways to use prayer to gain strength while establishing a pain management plan. Through daily scripture, meditations and activities, the reader is encouraged to stop running from pain and live fully in the present moment. This collection is perfect for book clubs and bible study.

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