



EXERCISE: A Week of Worship: How I Lost 40 Pounds, and Learned the Secret to Making My Workouts a Success! (I Wonder What Would Happen If? Book 2)

Jessica Heilman

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The I Wonder What Would Happen If... book series continues with book 2 intended to encourage and inspire readers to positively try new things. In this week's book, Jessica has explored the trials and triumphs of exercising with six children, what it means to persevere, and in addition the book also features six absolutely AMAZING athletes that have overcome the loss of limbs, mental handicaps and other hardships to become the BEST in their fields.

Through the author's personal experiences, Jessica explores subjects like: health, fitness, wellness, wealth, religion, psychology, marriage, and family on a weekly basis. She is also a speaker, blogger, and artist who has recently changed all of her social media titled occupations to "FRIEND."

Jessica is an author, homeschooling mother of six children, wife of 18 years, and is the Founder of Wholehearted Ministries out of San Jose, California.

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