

Sweet Grace For Your Journey

author: Teresa Shields Parker | Christian Weight Loss Coach Author and Speaker

2026-07

Synopsis

author	Teresa Shields Parker Christian Weight Loss Coach Author and Speaker
inLanguage	english

Sweet Grace for Your Journey is the podcast for women who want to lose weight and live healthyâ€”body, soul and spirit. Author Teresa Shields Parker shares tip and advise each week from her personal journey of losing over 250 pounds and having kept it off since 2013.

Reader's comments

comment 1:

â€"â€" ()