



# Recipe for Life: How to Change Habits That Harm into Resources that Heal

*Graham Kerr, Treena Kerr*

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**Recipe for Life: How to Change Habits That Harm into Resources that Heal** Graham Kerr, Treena Kerr  
“Galloping Gourmet” Graham Kerr and his wife Treena have spent the past twenty years embracing a Christ-like lifestyle they call outdulgence. Here, the Kerrs share the transforming details of such a truly good life that trades constant consumption and self-serving for creative simplicity and healthy self-denial to benefit others. A deep and delightful approach to what Jesus described when He said, “I have come that they may have life and have it in abundance.”

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