



# Reshaping It All: Motivation for Physical and Spiritual Fitness

*Candace Cameron Bure , Darlene Schacht*

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**Reshaping It All: Motivation for Physical and Spiritual Fitness** Candace Cameron Bure , Darlene Schacht

Candace Cameron Bure first became known to millions as a co-star on the hit ABC television series *Full House*. Today, like her brother Kirk Cameron (*Growing Pains*, *Fireproof*), she is the rare Hollywood actor who is outspoken about her Christian faith and how it helps overcome certain obstacles.

Bure's healthy lifestyle has been featured in *US Weekly* and *People* magazines as well as national talk shows including *The View* and NBC's *Today*. In *Reshaping It All*, she continues the story, inspiring women to embrace a healthier lifestyle by moving faith to the forefront, making wise choices, and finding their worth in the eyes of God. Candace shares a candid account of her struggle with food and ultimately her healthy outlook on weight despite the toothpick-thin expectations of Hollywood.

More than a testimony, here is a motivational tool that will put readers on the right track and keep them there. In addition to practical advice, Candace offers a biblical perspective on appetite and self control that provides encouragement to women, guiding them toward freedom.

Includes 16-page black and white photo insert.

## Reshaping It All: Motivation for Physical and Spiritual Fitness Details

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# From Reader Review Reshaping It All: Motivation for Physical and Spiritual Fitness for online ebook

## Kathryn says

I wanted to like this book, and I did for the first few chapters. Bure has some good advice about incorporating your faith into all parts of your life, including food/health/fitness. All admirable. It was the self-congratulatory fan letters, the constant reminder that "I no longer struggle with this" and the (not-so?) subtle message that one is fat/unhealthy/depressed simply due to a lack of prayer that pushed this over the top for me. The Scriptures she used to support her messages were not used in the context in which they were written, but were cherry picked as motivational phrases. Yes, Scripture can inspire us, but it needs to be looked at as a whole, not as catchphrases for your fridge.

As several others have pointed out, neither Bure nor her co-writer are doctors, nutritionists, or any kind of trained/degree holding individuals educated or qualified to be dispensing diet and health advice. I also took offense, as another reviewer did, at her mocking of an employee (or volunteer?) of hers who had a panic attack on an airplane. That's not funny. Wouldn't that have been prime time to act like Christ and pray with the woman, instead of mocking what is to her a very real fear? That really soured me on Bure.

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## Gretchen says

OH MY HECK, I'M GLAD THAT'S OVER. This book was not well done. When it wasn't acting like a running advertisement for Bure's acting and money making ventures (it referred incessantly to her stint on "Full House", her run on a show that I'm guessing has since been cancelled since I've never heard of it called "Make It or Break It", and speaking engagements, and a line of t-shirts that she sells via her website) it's reading like weight loss as directed by someone with only the vaguest notion of how the body works.

Which brings me to my next point: neither of the women who authored this book have any medical, dietician, or exercise science credentials whatsoever and yet they feel comfortable shelling out advice to women on how to eat, how and when to exercise, and how to control food addiction. Not only is their pat advice patronizing, it's unethical! In one scenario, Bure answers a fan who has written to her advice about weight loss while breastfeeding by telling her to CUT DOWN ON HER DAIRY INTAKE. She makes no mention of the fact that limiting her caloric intake and ramping up her exercise regimen could cause this woman's milk supply to drop, no mention of hormonal changes that might be causing this woman's body to halt weight loss as a way to support breastfeeding, NO mention of even SEEING HER DOCTOR TO SEE IF SHE SHOULD BE TRYING TO DIET. Nothing. Nada.

This book is a definite case of "a little information can be dangerous." Bure takes the little that she knows from her own personal study (her bibliography has, I kid you not, FIVE sources listed, one of which is Dr Phil's Ultimate Weight Loss Solution. \*head desk\*) and stretches it into NINETEEN CHAPTERS OF DRIVEL and outright DANGEROUS assertions like the idea that Jesus and lots of will power can cure an eating disorder, dieting and breastfeeding go hand in hand, and that living in Hollywood is, like, SUPER HARD you guys.

The recipes were ridiculous (who needs recipes for things like fruit and yogurt parfaits and breakfast oatmeal?!) and the guidance was slim.

Listen, I'm not saying that Bure hasn't had a rough time. I'm sure she has. But to assert herself as an expert in curing food addiction and eating disorders as well as expecting me to listen to judgmental prattle about people who, according to her message, just need to try a little harder and they'd be thin is offensive. Her nasty little jab at the fatty cooking styles and abilities of women from churches in the South (that's right, she credited the **WHOLE** South) were out of place and unkind, especially when used in a story about how these women were feeding HER after inviting (read: paying) her to speak at their church. There was also a mean little tale about how a family friend, who is absolutely terrified of flying, would "get on a plane for ME time and time again" and once had a fairly severe sounding panic attack which was "hysterically funny" to Bure. Nice.

As a final comment, the co-author of this book has, since it's release, put on what looks to be about 50lbs, which is totally fine. Except that, according to the tone of this book, that just means that she's lazy and letting food rule her life. I have no problem with weight gain in other people (I actually read this because I thought it would inspire me in my own weight loss journey) but if you're going to put your name on a book that is as judgmental and self-righteous in tone as this one, you'd better be able to o your money where your mouth is. Otherwise, be a ghost writer.

I DO NOT recommend this book to anyone. At all. There are far better resources out there for pretty much everything that this book tries to address which won't make you feel like God hates you if you're not actively working at staying slim and trim as a way to "maintain His temple."

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### **Brooke — brooklynennereads says**

This was an okay read but after the first couple of chapters, some of the thoughts and ideas started to seem a bit repetitive. I did enjoy the sneak peek reading about her growing up as an actress along with Candace Cameron Bure's life now; however, that didn't really seem like the intention of this book. This book is more of an aid for healthy living (through diet and exercise) with just a glimpse into the actress' life, not a memoir.

In all honesty, I moreso picked this up hoping it was more of a memoir. If you are looking for a tool for healthy living, I would say there are better books out there. This book does not really give that much factual information into wellness and is more towards the actress' suggestions on what has worked well for her.

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### **Lisa says**

I absolutely loved this book! For anyone who is struggling with an addiction (alcohol, food, drug, shopping, smoking, etc.) I think this book could help. I know a lot of people don't get what the big deal is because she "only had 20lbs to lose" but the issue is bigger than that; not that 20 lbs is not a big deal because in my opinion it is! I think the biggest issue is that people, myself totally included, are using their addictions - however small they may be (such as Facebook or cell phones!) to satisfy something that no one can satisfy except God. I personally was trying to find joy out of some chocolate (or other tasty treat) because the kids were driving me nuts rather than asking God to help me in that moment. It was and is a **BAD** habit that I couldn't seem to break no matter what I tried. It is **NOT** easy at all to give up our addictions and lean on Christ instead. But it's something I really wanted to change about myself. I really do want to live for Him and not for me. I didn't want to be eating the way I was - just out of stress and boredom and thinking "I deserved a little indulgence". I want to think that my body is a temple that He gave to me and treat it as best as I can.

And yes, that sounds great in theory but it really IS hard to practice! I read this over a month ago now and it's getting a little easier but still a BIG struggle. As Candace points out over and over it is a huge life style change and something that only He can do for you. But He won't do it if we don't ask, which I was only half-heartedly doing to be honest. Now I am trying to be in for life. I know I will slip up and I know it won't always be easy but I will try to do what is best for my body in order to honor Him! I do agree with Candace in that we ARE meant to enjoy His blessings, which includes food, but not to the degree I was doing it by no means. There is a fine line between enjoying His blessings and overindulgence and with His help, I will try not to pass it again!

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### **Sher♥ The Fabulous BookLover says**

I really enjoyed reading about her weight loss and healthy living journey. I don't think she's laying on the "I love Jesus" thing too thick, that's just who she is and I applaud her for it! I did feel like sometimes she ran out of things to say, so it all started to blend in a little, but overall it's a really good book. It teaches you that putting Jesus first in your life and weight loss go hand in hand. Once you are obedient and you trust God and you live the way He wants you to live then you won't struggle with your weight. And I believe that 100%.

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### **Rachel says**

I have been looking for someone who puts faith and fitness together well--not cheesy, not stretching the Bible to make it fit the topic. Candace did a great job! Scripture was on almost every page. The focus wasn't on the "right" diet or workout, it was on Christ and had very helpful, practical, straightforward words of wisdom.

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### **Kirsten says**

I came across this motivational book by Candace Cameron Bure, yep, the Candace Cameron from Full House. There was some good in the first few chapters of the book but mostly there was bad.

#### **THE GOOD:**

Part autobiography, part diet book, part motivational speech - I enjoyed the first few chapters well enjoy. Reading about her childhood and how she got into acting was interesting, but not really engaging. She discussed her troubles trying to maintain her weight and regularly advocated healthy ideas like not drinking your calories in the form of soda and sugar drinks, and that dieting isn't about denying yourself but learning some self control. She wrote reasonable advice about having a plan for your weight loss and sited scriptures to back this up. She recommends "breaking up with food" --knowing how to not essentially eat one's feelings, and only eating when you are hungry (not merely when it is time to eat)...

#### **THE BAD**

Somewhere after the first few chapters it started being bad. She began using her fan letters to address certain topics, such as breastfeeding.

Candace tells the inquiring to watch her daily intake of cream because "surely you can shed a few more

pounds". However numerous studies have found how good cheese can be for you as well as cream, especially for a breastfeeding mother. Studies have shown how milk and milk based products are healthful especially for growing children, pregnant and breastfeeding mothers.

#### THE DEAL BREAKER

I was feeling unnerved about her breastfeeding advice. I was devastated when I got to page 50 and read an example of what Candace eats everyday. I cannot express how sad I was to learn that this woman who promotes health and NOT starving yourself, who is seen on the back cover of the book eating a bowl of fruit loops, is actually STARVING HERSELF.

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#### **Rebekah says**

At first I was a bit skeptical--I've read celebrity biographies, and they aren't usually worth their salt, especially as self-help books. I had heard about the book from following Cameron Bure on Twitter, and I came across it when I was at a local Christian bookstore in the health section. For a long time I have struggled with healthy eating and snacking, and I have come to feel that it was connected to my spiritual life and the "snacking" I do with my relationship with God. When I picked this book off the shelf and saw that that's exactly what it was about, I decided to give it a try. I'm so glad I did! Because there is a co-writer, the writing is actually good. The analogies are also spiritually based and don't feel hokey. There is a good use of scripture and encouragement to see overeating/undereating as sinning in not properly caring for your body. I was inspired and also gained helpful tips and "nuggets" that I can post on my mirror, on my fridge, and anywhere else that I need a reminder about who I really am.

If you are a Christian, and you struggle with eating improperly, I highly recommend this book!

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#### **Avolyn Fisher says**

Even though this book is definitely centered around weight loss and healthy eating, it is so much more than that! Yes, it is Christian based and her faith makes up the core of this book, but I didn't feel that it was harassing me into believing God. Rather, using scripture Candace illuminated what God wants for all of us, how he so desperately wants us to succeed, and wants to help us every step of the way.

I picked up this book because of its diet focus but I ended up gaining way more than I anticipated because of the well-rounded focus of the book. It truly helps you reshape it ALL. I have battled with anxiety most of my life but only recently realized that I was struggling with clinical generalized anxiety disorder and this book is filled with little nuggets to inspire, keep focus, and bring comfort to those who read them. I highly recommend this book regardless what your current struggle is and keep an open mind that I would say it's more about healthy eating and attitude rather than a 'diet' as we typically think of diets.

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#### **Terri says**

Disclaimers:

- 1) I am not Christian.
- 2) I don't believe in diets.

3) I had no idea what this book was about when I picked it up.

Honestly, I saw this book on a display shelf at the library and assumed it was a run-of-the-mill cheesy celebrity memoir so I picked it up. Oooops! Turns out the book is focused on "motivation for physical and spiritual fitness" and is a combination of self-help, weight loss, and spiritual advice book.

I learned a little bit about her personal life, but I mostly just skimmed the book for those non-weight loss, non-religious parts. The most disturbing and depressing part is that Bure seems to think that finding God "cured" her from an eating disorder! Pretty sad that clearly she has not received the proper psychological treatment that may have helped her when she was younger.

I also laughed when she mentioned that she said she doesn't do yoga (but Pilates is acceptable to her) because she couldn't handle the meditation part (as if meditation has to do anything with spirituality). Other choice bits of "wisdom" from Bure: people need to pray when they are presented with "temptations" of food.

Nut job.

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## **Abri says**

I loved this book... it was full of a lot of "ah-ha" moments for me. I have always struggled with my relationship with food, but never thought about the spiritual side of it. I learned a LOT from this book - even though it was really written for someone who is just beginning their journey.

Here are some of my favorite quotes from this book:

"What I didn't realize at the time is that my heart was longing for the things of this world. I ran to comfort food instead of running to God. I discovered my sin, but I hadn't discovered that my heart was in the wrong place. I sought moral reformation instead of a spiritual transformation. I had known who He was, but I still hadn't grasped who I was in his sight."

"The basic plan I suggest is to stop abusing yourself with food, start making healthier choices, and get serious with God. Move more, control your portions, make wise choices, and keep God close by your side. Stick to that plan, and you'll see some results!"

"Life will offer us a thousand and one reasons we shouldn't follow Christ, but those who have built their faith on conviction won't give up because they have counted the cost beforehand and their eyes are fixed on the goal ahead."

"If you want something you've never had before, you have to do something you've never done before."

"There's nothing inherently wrong with putting food to your mouth, but if you're doing it to fill a void that should be handled another way, then you're not being the best manager that your body deserves."

"You are beautiful, interesting, accepted, and loved by the most high God. Be content with both the woman you are today and the woman you'll be tomorrow. You don't have to look back; just keep looking forward. Maybe you failed before – so what? Failure from the past is not a reason to give up today; in fact it's the very reason you should press on and make it work this time. Change what you can. You hold the God-given

power to do that, and the great news is that He doesn't expect you to do it alone."

"Action means I'll have an active role in my life. I won't sit around waiting for things to change but will take the necessary steps to make it happen. Things that are important deserve nothing less than vigorous pursuit."

"It's great to have fun and let loose, but it's equally important to be self-disciplined. In Scripture after Scripture the Bible stresses the importance of controlling our bodies, our tongues, and our thoughts."

"Worship speaks to my heart and moves me to obedience. It's amazing, to be able to worship God by giving up a part of myself. Being able to give up the hold I had on the world as an act of worship to God. It's not always easy, but it's how I serve as a living sacrifice – giving up my will for His."

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." – Winston Churchill

"If you spend the morning fantasizing over your lunch and the afternoon meditating on how great your dinner will be, then something desperately needs to change."

"That kind of persuasion does not come from the one who calls you. "A little yeast works through the whole batch of dough." (Gal. 5:8-9)"

"Making it through the little lessons helps to strengthen us for the tougher ones: grief, fear, shame, regret, wrath, terror, judgment, and death. It's not easy to put down our will so that His can be done, but I promise you this: it will bring peace to your life."

"I want to live in obedience, but there's always a part of me that hopes that obedience will turn in my favor. Being putty in His hands, resting in His plans, and laying my burden at His feet means that I'll be a different wife, mom, daughter, friend, and actor than the world would expect. It means that I'll be animated by the hand of my Lord, ready to do His will when He speaks. I can't be salt and light if I become like everyone else."

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## Erielle says

Most people make new years resolutions at the beginning of each new year. I do that too, but I also choose a word that describes an area of my life I need to discipline. I pick a word do my best to live it out, work on it, and display it in my every day life more so than I ever would otherwise that entire year and from then on out. Last year's word was "*steward*." I wanted to live 2013 being a good steward over everything in my life, from my time, marriage, family, money, household, cleaning, etc. And that included my body. After feeling convicted for quite some time over the way I have treated myself and the poor shape I allowed myself to get into, I made the decision to make changes. Changes **had** to be made. I was tired of complaining that things were never getting better, but never taking the time to try to make them better either. And, if I did, it was usually with a half-hearted effort. I expected myself to fail because I always had, and took for granted all the good things I have been given.

That is where this book came into play. I saw it somewhere, I don't remember where, but I picked it up and



fell in love. It has literally changed my life. For those who do not struggle with their relationship with food, it may be difficult to understand just how out of control an unhealthy relationship with food will make your life. As I read word after word in this book, I realized, *"Hey, this is a problem area in my life. Like, it is **THE** problem area in my life, and something needs to be done."* It was relieving to see that I'm not alone or crazy in my thinking that governing and taking care of my body is honoring God and my family just as it is honoring myself. More than anything, it has made me more aware of that, when I struggle in weakness, no matter if it is something as "small" as food, I can **always** call on God because His strength is perfect in our weakness. That is something I have always known, but never saw as being something that would apply to my unhealthy ~~relationship~~ bondage with food. And to know that God even cares about my heart when it comes to something as small as that is amazing and leaves me in awestruck wonder.

One thing that initially annoyed me about this book was the way Candace writes about how she strives to do God's will, live a Godly life, etc. It kind of comes off *"holier than thou"* at times. I had to kind of slap myself back into reality and remind myself that I'm working on the same things she is. Her words aren't stating that she is better, how to be like her, how her life is so perfect and she is so Godly. They come from a woman who is trying her hardest to live a life that is pleasing in the eyes of God, a life where just being a good person good isn't good enough, a life where she is not just a good person but a good wife and mother, a life always striving to do better in all ways and pass that on. Her words come from a person sharing their experience with and encouraging others who are fighting the same fight. Just because we fall and get back up again doesn't mean that we're not all striving for perfection in the eyes of God. I appreciate how she addresses areas in our lives that the majority of us probably need to work on but are oblivious to the fact that they are in fact problems that we are imprisoned by. And, if you don't realize that, then her words will sound pretentious and she will come off as a *"better-than-you"* and a *"know-it-all."* It's about grace and putting our bodies into submission, taking charge over ourselves, refusing to let even the slightest thing have control over and dictate our bodies and our lives.

This book has reinforced in me that through God and His strength, I have the ability to overcome even the smallest, most pettiest of things that may seem like no big deal to anyone else, but are a secret battle than many of us fight daily - sometimes minute by minute. I loved this book, and will always keep it around as a reminder of that - and also to give myself a swift kick in the bum when needed. (=

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## **Kristen says**

Disappointing, disjointed and unorganized. I'm a Christian but found this novel disturbingly preachy and felt as though Candace is judging the reader.

I feel as though this book is an attempt at:

- converting the world to her extreme form of Christianity
- justifying the fact she married at a very young age
- convincing the world that she's indeed happy and 'normal' (though most North American women cannot afford to be stay-at-home mothers)
- 'proving' to people that she eats
- showing off how good she looks now
- Jesus solves eating disorders (I believe prayer helps with all but there comes a time when God wants you to help your self which means getting professional help)

I read Jodie Sweetin's book before this one - it was honest, raw and fascinating. I thought this book would be similarly enjoyable but it wasn't. I grew up watching Full House on television and wondered what had come

of Candace.

This novel is very disappointing as I really wanted to like it and tried to enjoy it. I did like the pictures of her growing up and her family in the middle of the book.

I would NOT recommend this!

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### **Carla Calvert says**

Candace brings it FULL ON....not only focusing on what we need to do to "reshape" our bodies, our eating habits and our lifestyle choices as women but more importantly what we need to do to "reshape" our hearts!

This is an easy read...well-written...and you hear her heart and passion for bringing you closer to Christ with each turn of the page. Love the tips (The Pantry - choked full of food for thought) with scriptures, quotes and more plus the healthy recipes!

If you are looking for insight and encouragement to take your physical journey to the next level while gaining a more intimate relationship with the Lord (instead of FOOD!), this book is an excellent guide!

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### **Mindy says**

I was really excited to read this book - having grown up watching Full House, I was anxious to read about Candace's faith and weight loss journey.

I was quickly disenchanted with the book. Perhaps it's just not what I needed to read at this stage in my life, but to me, it came off with a bit of a "holier than thou" attitude. I'm not saying that was the intention, because I highly doubt that's the case, but there was just something about it that rubbed me the wrong way. I think she does have some good, practical advice, but it was also advice I already know and share as things I've learned in my own journey. All in all, I thought the book was a bit of a let down.

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