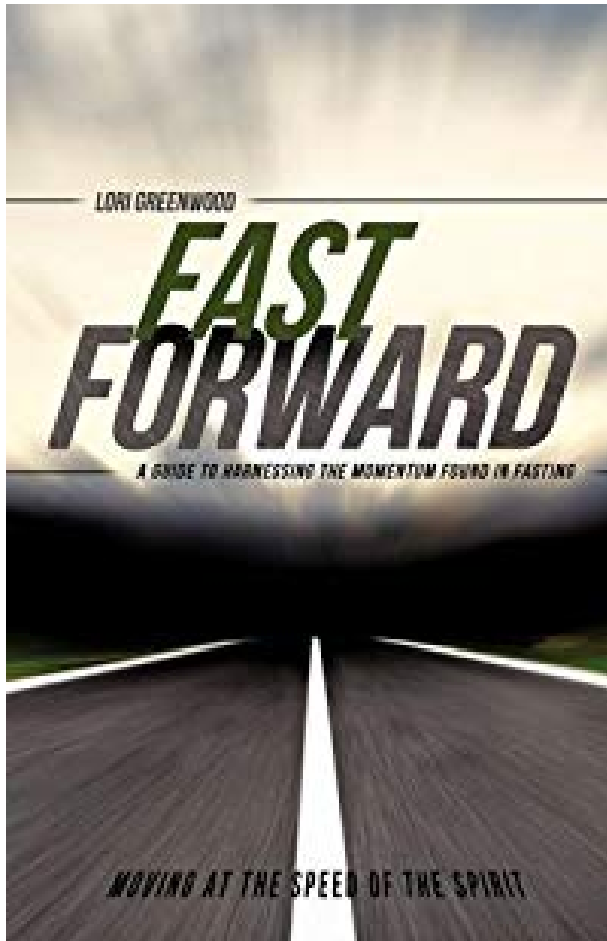


Fast Forward



Author:	Lori Greenwood
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Anyone can move in the miraculous -- even you! If you've ever wanted to experience more of the supernatural power of God, here's your chance. This book is your guide to harnessing the momentum found in the spiritual discipline of fasting. Lori Greenwood looks at fasting three dimensionally -- body, soul and spirit. Fast Forward covers keys to health and wellness, scriptural insight and personal testimonies designed to reveal the awesome power of fasting and prayer! Lori Greenwood is a dynamic bible teacher. Her passion for Christ and His Kingdom is contagious. Wherever she ministers, people are encouraged and inspired to seek after God whole-heartedly. Lori has a desire to train people to run with the God-inspired vision for their lives. Understanding that each life is a unique plan of God, Lori encourages people to celebrate and appreciate their differences. Lori has her BFA from the University of Illinois. She is a graduate of World Harvest Bible Training Center. She has her Master of Divinity (MDiv) and her Doctorate in Philosophy/Theology (PhD) from St. Thomas College. She has done the work of the ministry in over 20 nations. Lori is the author of five books and resides in the Seattle area with her husband Tom and their daughters, Crista and Anna