



## Body, Mind Health: Discovering God's Solutions for Total Health (Paperback)

By Monte Kline Ph D

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Bible recognizes that we are body, mind and spirit, but how does that relate to our everyday health? How do we discover our physical, emotional and spiritual ingredients of health? Simply by going back to God's design. We are healthy when we are whole. Our health problems stem from the holes in our wholeness. What physical, emotional and spiritual ingredients our health are you missing? BODY, MIND HEALTH probes these questions providing practical answers through nutrition, detoxification, exercise, emotional stress release, and spiritual renewal.



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