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Ten Commandments of Faith and Fitness (Paperback)

By Henry Brinton

CSS Publishing Company, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A Quote from Bill Clinton, Former President of United States: Thank you so much for sending me a copy of your book, Ten Commandments of Faith and Fitness - I m eager to take a look at it! Eating right and exercising regularly have become an integral part of my lifestyle. I appreciate your ingenuity in combining spirituality and physical fitness, and I wish you the best of luck. All the best to you. Sincerely, Bill Clinton From the Authors: Ten Commandments of Faith and Fitness is a scientifically sound resource that teaches how to properly incorporate physical activity into daily life and how to eat better, while building faith in the process. For everyone looking to lose weight, gain strength, and glorify Christ in their spirits and bodies, this book is an invaluable tool to provide guidance every step of the way. Sincerely, Henry Brinton and Vikram Khanna In today s live-fast society, poor health and obesity are at epidemic proportions. People have seemingly forgotten to treat with reverence God s first and greatest gift to them.their bodies. Building on the Ten...



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