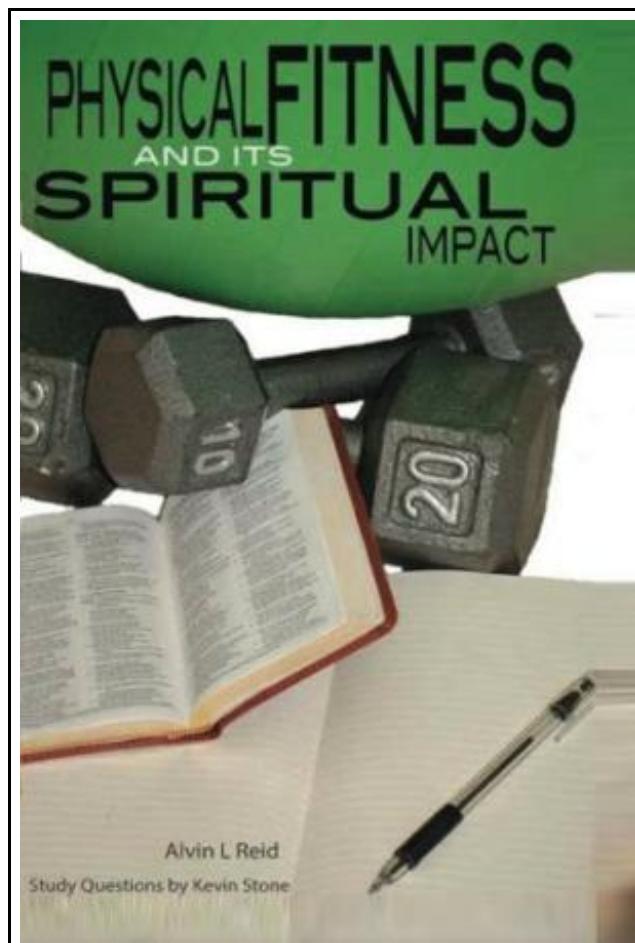


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Alvin Reid, United States, 2013. Paperback. Book Condition: New. Hannah Reid Bolton (illustrator). 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Physical fitness interest has increased in recent years at the same time waistlines bulge across the land. Studies reveal the growing obesity issue in American, but too few relate the cause and solution to issues beyond our physical bodies alone. We cannot really separate our physical fitness from our spiritual lives or our mental development. In this little book Alvin L. Reid, PhD, offers practical insights into the relationship between one's physical life and both spiritual and mental development. Arguing for a holistic look from a Christ-centered perspective, this book offers numerous examples of people who have faced their fitness issues and risen above, and have experienced remarkable spiritual growth as well.

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