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Ten Commandments of Faith and Fitness: A Practical Guide for Health and Wellness

By Henry Brinton and Vikram Khanna

CSS Publishing Company. Paperback. Book Condition: New. Perfect Paperback. 280 pages. Dimensions: 8.3in. x 5.4in. x 0.9in. 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 Commandments that guide our spiritual lives, Henry Brinton and Vikram Khanna have devised Ten Commandments of Faith and Fitness, 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 glorify Christ in their spirits and their bodies, Ten Commandments of Faith and Fitness is an invaluable tool to guide you every step of the way. Henry Brinton and Vikram Khanna have written an inspiring book calling on Christians to honor their bodies as well as their hearts, minds, and souls. And they are clear that as with our spiritual lives, this too requires dedication, discipline, and perseverance. Ten Commandments of Faith and Fitness is also wonderfully practical and encouraging, as it lays out a step-by-step journey toward physical fitness. The authors provide up-to-date assessments of the value of diet programs and various...



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