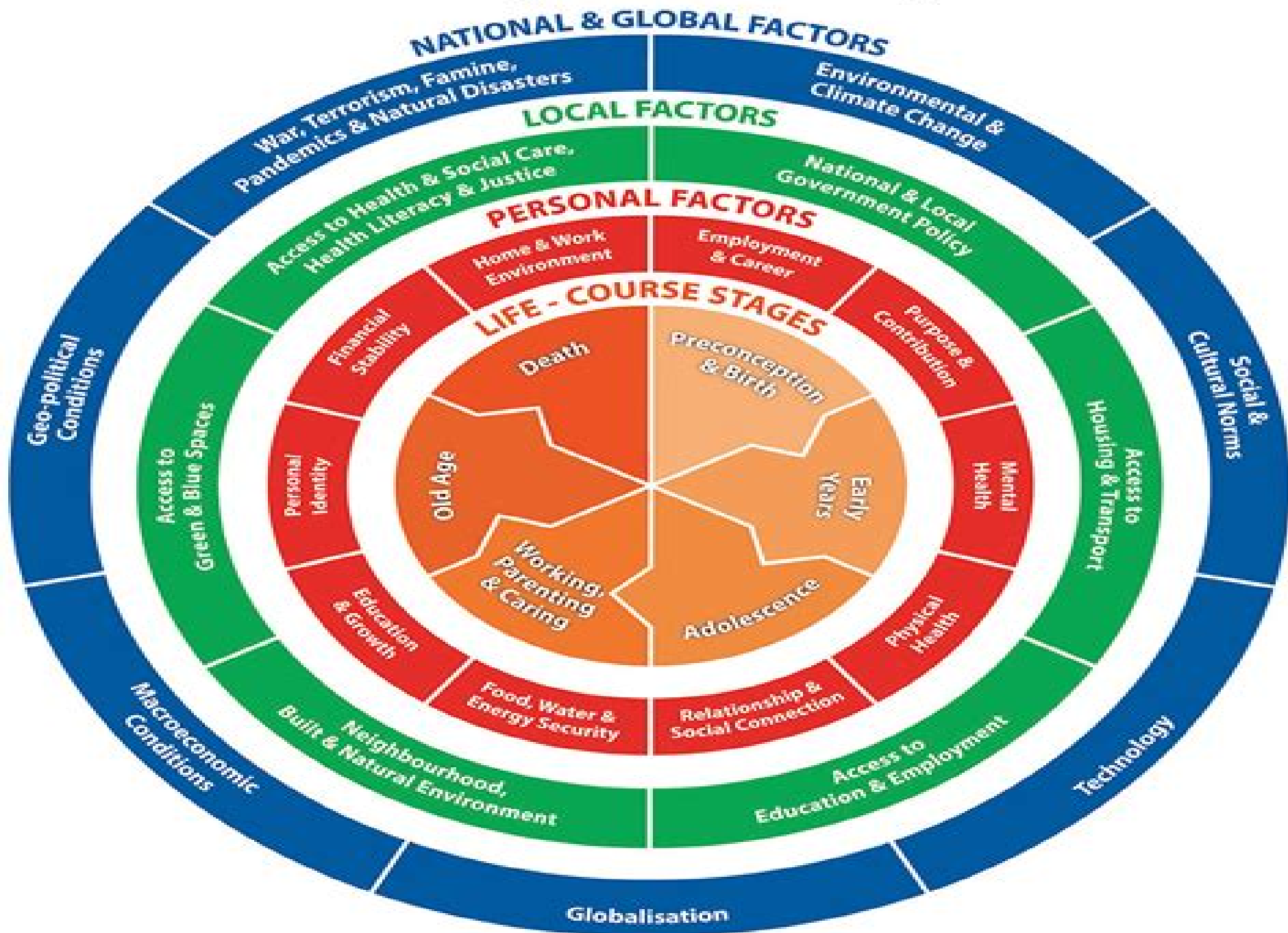


The Well-being & Well-becoming Wheel



Health And Well Being Christian Life Todaypb2001

David K Ewen



Health And Well Being Christian Life Todaypb2001:

Christian Paths to Health and Wellness Peter Walters, John Byl, 2013 Christian Paths to Health and Wellness Second Edition helps readers embrace the concepts and lifestyle choices of health and well being as part of the Christian life This text contains the latest information about nutrition physical fitness and emotional wellness plus practical tools and inspiration to help readers make gradual and permanent change

Understanding Spiritual and Physical Health Troy A. Roberson, 2017-08-23 A healthy Christian needs to cultivate both spiritual and physical well being Yet often we can be so spiritual that we neglect our physical natural selves On the other hand we can also be so caught up in our physical health that we may neglect working out our spiritual selves as well So how do we find a balance And what if God even provided us with a guide to make ourselves our very best both inside and outside In *Understanding Spiritual and Physical Health A Biblical Perspective* author Troy A Roberson shares his passion for fitness and health and his years of studying the Word of God to help believers learn how to be healthy both in body and in spirit Roberson explains how the Bible is Gods guidebook for living and in it God shows his children how their bodies and spirits are connected this connection means that the richer we are in spirit the more healing health and well being we will have in our natural lives as well The apostle John tells us Beloved I wish above all things that thou mayest prosper and be in health even as they soul prospereth 3 John 2 By putting into practice the advice and suggestions for how to live a good life of health and wellness through nutrition and a godly lifestyle from a biblical perspective you too can enjoy the blessings of Christs restoration

Faithful Living Cassidy Silverwood, 2025-01-14 Embark on a transformative journey with *Faithful Living A Christian Guide to Health and Wellness* by Cassidy Silverwood This comprehensive guide integrates the teachings of the Christian faith with practical health and wellness advice offering a holistic approach to living a life of wholeness healing and hope Explore the foundational principles of faithful living where the Hebrew concept of shalom reflects true well being Discover how Jesus lifestyle emphasizes the interconnectedness of mind body and spirit and learn to navigate the realities of suffering and illness with a resilient faith Delve into the unique health challenges faced by different age groups from childhood to old age and find strategies to promote mental emotional and social well being With chapters dedicated to nutrition exercise stress management and spiritual practices this book provides valuable insights and practical advice for integrating faith and health Special considerations for chronic illness and disability as well as a focus on health promotion and prevention ensure that every reader can find guidance tailored to their needs *Faithful Living* is not just a health guide it is a call to embrace a life of faithful living where one s Christian worldview informs every aspect of life Whether you are seeking to improve your physical health deepen your spiritual practices or support others in their wellness journey this book offers the tools and inspiration to thrive in body mind and spirit

Good Health, Good Life Joyce Meyer, 2014-12-02 Meeting the demands of your busy life may leave little time for you to focus on maintaining your personal well being But it is important to remember that each part

of you mind body and emotions serves a purpose in God s exciting plan for your future Embracing a healthier lifestyle will help you fully experience all the good things He has in store for you Joyce Meyer 1 New York Times bestselling author understands that modern life is hectic and has created a practical plan for achieving good health one day at a time Her easy to use 12 Key Plan for Good Health will help you develop life changing habits for a healthier lifestyle no matter what your current level of health By following her simple yet effective tips on eating exercise rest and stress management you will unlock a new level of well being empowering you to live the fulfilling life you were meant to lead Derived from material previously published in Look Great Feel Great *Health, Healing and Faith* Russell H. Conwell,2025-01-04 Health Healing and Faith by Russell H Conwell is a profound exploration of the connection between physical well being spiritual healing and the power of faith In this enlightening book Conwell offers a comprehensive perspective on how faith can play a pivotal role in not only the healing of the body but also the restoration of the mind and spirit Drawing from his vast experience and deep belief in the power of faith he presents a compelling argument that healing begins within fueled by belief and a strong sense of purpose Conwell teaches that the mind body connection is essential to understanding true health He emphasizes that positive thoughts faith and a strong belief in one s ability to overcome illness can significantly contribute to physical healing The book encourages readers to recognize that healing is not just about curing disease but about nurturing the body soul and mind in a way that fosters overall well being and vitality In Health Healing and Faith Conwell also emphasizes the importance of trust in a higher power seeing faith not as a passive state but as an active force that can directly influence one s health and happiness His approach is deeply spiritual advocating for the integration of faith into daily life as a source of strength and resilience He offers practical advice on how to cultivate faith strengthen mental resolve and heal through belief transforming one s life in the process The book presents numerous case studies and examples demonstrating how individuals who have embraced faith and the power of the mind have experienced healing in their lives often against overwhelming odds Through these powerful stories Conwell provides evidence that health and healing are often as much about the will and the spirit as they are about medical treatments Health Healing and Faith is not only a guide to physical well being but a manifesto on the role of faith in personal growth and healing Conwell s inspirational writing motivates readers to take charge of their health harness their inner strength and rely on faith to overcome challenges in their lives It is a must read for anyone seeking to improve their overall health and find deeper spiritual fulfillment Readers are drawn to Health Healing and Faith for its powerful message of hope and its insightful exploration of the mind body spirit connection This book is essential for anyone looking for a holistic approach to healing offering timeless wisdom on the transformative power of faith By embracing Conwell s teachings readers will be empowered to heal and thrive physically emotionally and spiritually **Be Well** Eugene R. Furnace,2013-05-10 Simply stated we need YOU We need you to be who you are without the chains and lies that prevent you from becoming and living the gift you are to yourself and to the world Be Well was designed to help you meet yourself

live your journey and live with the best health and wellness you possibly can Throughout this book you and I will discuss basic information about the dimensions of well being We will consider Scripture and science in our search for some of the best practices in health and wellness but our conversation will be easy to understand easy to follow and have ideas for practical use Start your journey Today building your E M P I R E of Health and Wellness so that all of you not just pieces and parts experiences the fullness of well being

The Christian's Guide to Holistic Health David Sandstrom ND,2019-02-28 Perhaps you ve seen several doctors and not found a solution to your health challenges Now you re ready to take greater responsibility for your health and you re looking for some answers The trouble is embracing a natural and holistic lifestyle can be rewarding and overwhelming at the same time There s plenty of information out there but whom do you trust Many experts claim to be holistic However when it comes to matters of the mind and the spirit most resources come up short Using Biblical truths The Christian s Guide to Holistic Health helps you navigate the complexities of whole person health A genuinely holistic health model addresses not only the physical but the mental emotional and the spiritual aspects of the human condition If we want to reach our full health potential we must address the whole person body mind and spirit effectively David uses his gift for teaching and brings a balanced view of science and scripture He avoids extremes in theology tackles complicated subjects and makes them easy to read and understand Whether you have a serious condition and need a breakthrough or simply want to maintain your health you ll find this information useful This book puts you on the fast track to vibrant health and vitality

Health Care You Can Live With Scott Morris,Susan Martins Miller,2011-01-01 Health care is much more than X rays and pills and Health Care You Can Live With shows the close relationship between your physical health and your spiritual well being Written by Dr G Scott Morris founder of the Church Health Center in Memphis America s largest faith based clinic for the uninsured this book puts a human face on the hot topic of health care Making the argument that healing both physical and spiritual is a key aspect of the Christian faith Health Care You Can Live With provides both a biblical framework for wellness and encouraging real life stories of those who found a better life within the overarching love of God

Dr. Colbert's Spiritual Health Zone Don Colbert,2025-01-07 FROM NEW YORK TIMES BEST SELLING AUTHOR OF THE SEVEN PILLARS OF HEALTH Did you know that unhealthy emotions such as anger shame and stress can rob years from your life After reading this book you will understand the how negative emotions can have a deadly effect on your body mind and spirit and you will learn ways to remove them before they can do damage In his latest release best selling author Don Colbert MD reveals the key to living in divine health walking in the empowering cleansing strengthening love of God While medical knowledge is incredibly valuable Dr Colbert argues that it alone can t lead people to a place of optimum health in their bodies minds and emotions Only love the eternal nourishing root of all wellness can do that Using scientific evidence anecdotal stories proven theories and biblical principles Dr Colbert explains why the best thing we can do to protect ourselves from disease and promote all aspects of health is to learn to walk in God s love It can help us

become disease resistant heal relationships relieve many common maladies and lengthen our lives In Dr Colbert s Spiritual Health Zone you will discover The main features of the Love Walk as it is lived out practically in our behavior The biblical basis for making love the central motivation and characteristic of our lives Why a pessimistic outlook robs so many believers of their joy and peace and how to become a faith filled optimist by choice The key role forgiveness plays in turbo charging our health You don t have to suffer the effects of fear shame hopelessness and other toxic emotions You can restore your body mind and spirit through gratitude forgiveness and other spiritual practices Join Dr Colbert on a journey of discovering the true source of life and wellness learning to live in harmony peace and divine health The Call to Wholeness: Health as a Spiritual Journey Kenneth L. Bakken,2009-09-01 We all encounter times of physical illness as well as of emotional psychological and spiritual distress and pain We are all in need of healing in every aspect of life In this important new book a physician specializing in preventive medicine integrates learnings from both science and religion to present a holistic approach to well being that is rooted in a new understanding of Christian principles an approach that has already proven effective in countless lives Using examples of people who have been healed Dr Bakken shows how stress fear anxiety anger guilt depression loneliness and unforgiveness contributes to disease and how spiritual growth perfect love casts out fear promotes health healing and wholeness Both practical and inspiring The Call to Wholeness is at once a convincing synthesis of several disciplines and an authentic witness to the healing power of Jesus Christ It demonstrates that God is the author renewer and sustainer of all life and the ultimate source of all healing It challenges individuals the Church and the medical establishment to expand their view of reality in the context of a Christ centered spirituality that can bring true and lasting wholeness to each and all of us The Physiology of Faith Craig A. Nelson,2015-09-23 The Physiology of Faith provides an insightful look at the wonders and marvels of the human body It truly is Gods greatest creation and He originally intended it to function and prosper in health forever The body was designed to defend itself heal itself and protect itself from all types of threats It is a single organism with systems that work together in a complex organization of cells tissues bones muscles glands and fluids which have their own specific function All of the systems work together in a unique harmony of purpose and design However when one system is not functioning properly it will most often affect the others and result in sickness and disease A persons health is made up of their every move function and thought which are affected and influenced by what they eat how they exercise and how they deal with the daily challenges of life Good health is more than the absence of disease It is a state of complete physical emotional and mental well being on all levels **NatureFull** Lauren Juliette Ramos MPH CHES,2016-07-13 Did you know The way we eat rest and move can reflect Jesus You were created in the image of God His nature reflected in every area of your life including your health Wanting to improve your health and wellness should come from a place of loving yourself and the body God handcrafted and gave to you Leaps and bounds in improved health and wellness don t begin for a believer anywhere else but with Jesus Stop to consider while you scope out your next diet fad or a

new workout plan where does God fit in with my fitness How does the Word encourage me to care for and train my body Allow Scripture to be your best workout buddy and nutritional accountability partner Allow this twenty one day devotional to walk with you through learning to love yourself love on your body and in so fall ever more in love with Christ With devotional days that are strategically ordered to take the nutritionally aware and wellness minded believer through specific physical mental emotional and spiritual health topics such as self worth importance of rest and biblical basis for food choices you are gearing up for victory in your life by first renewing your mind concerning these matters Let s go on a journey of discovering how our physical health and our spiritual health are intricately laced together particularly in the eyes of God **Health**

Through Faith and Community James W. Ellor,Edward R. Canda,2006 Use your personal faith to spread the health Health Through Faith and Community is a unique study guide that encourages Christian congregations to enhance the well being of individual church members as well as society as a whole Presented as eight study sessions that can be used independently or combined for an in depth learning process this notebook size guide includes unique insights and learning activities from an ecumenical Christian perspective about the physical mental social and environmental aspects of health This well referenced book includes more than 50 illustrations handouts and figures as well as numerous resources for prayer activity discussion self reflection Bible study and practical applications that will help connect personal faith with congregations and communities The study sessions presented in Health Through Faith and Community are arranged in a series that can be easily adapted to adult Sunday school classes workshops retreats and independent study Sessions focus on individual themes and each builds on the previous one blending together various learning approaches including factual information self assessment and reflection exercises small group discussion and interaction exercises The book also provides notes and guidelines for a study leader handouts overhead projection materials suggested prayers and Bible passages materials for group discussions and exercises Internet resources and supplemental activities Each study session presented in Health Through Faith and Community includes an opening prayer to reinforce the group s intention to learn together a review of working definitions concepts and content all presented in layperson s terms material from relevant Christian sources scriptures personal stories images literature poetry art introspective activities that can be done in group settings or privately group interaction stories spontaneous dialogue and interactive exercises a holistic Christian perspective on faith and healing reflections by the session leader on ways to learn more about nurturing well being in individuals relationships and the community The study sessions build to a final session that helps congregations create goals to promote personal and social health in the church community the local community and beyond Health Through Faith and Community is an invaluable resource for pastoral counselors chaplains retreat leaders parish nurses and faith based social workers *Energized Health: Body, Mind and Spirit* Nurse Anne,2021-01-19 Inspirational Wellness from the files of nurseanne com along with Biblical prescriptions to develop a mind at peace and to cultivate your walk with God And health tips designed to jumpstart your

energized life of purpose Nurse Anne is a certified emergency and mental health registered nurse of 29 years and still going Enjoy this devotional designed to propel your total health for body mind spirit Let s get started Life is so many things Fun work family relationships playtime challenges drama and so much more We all get caught up in growing our futures our finances careers and families These great pursuits take a lot of time and energy Physical and mental Sometimes our health is put on the back burner or at the bottom of our to do list Most of us can say that we have been there and done that and still do that sometimes Just like other life lessons that we have learned the hard way also when we put the health of our body mind and spirit at the bottom of the list we can be negatively rewarded with consequences we did not expect or want Constant stress and drama can give payouts of headaches back pain high blood pressure autoimmune conditions and a host of other unwanted results Not to mention neglected relationships Especially our highest relationship with the Lord I like what Dr Charles Stanley teaches as the number one life principle in his book 30 Life Principles He advises that our intimacy with God is the highest priority for our lives and determines the impact of our lives We can jump through hoops for career money success fame popularity and getting more followers and likes Our existence can be consumed with so much time on social media surfing the web working overtime taking our kids to 12 different activities binge watching TV and continually organizing our belongings and so on and so on As time goes on we may look around and see that some of the most important things in our lives have been neglected So in this devotional we will take a moment and slow down To have some fun and talk about the basic principles of our health to be at our best Especially of serving our purpose in the kingdom of God Yes our health Body mind and spirit They work together in synergy to bring you to a place of peace Toward a life of purpose or a place of anxiety and running on that hamster wheel Going around and around and around As Christians we are intricately created with bodies to take care of And our minds with our thoughts and choices Not to mention our spirit and soul also need special attention Let s strive to stay healthy in all of these areas We will have more energy to minister back to Jesus along with ourselves and family friends coworkers neighbors customers church family and so on The possibilities are endless Let s get going Time to energize and recharge our lives

Christian Faith and Mental Health David K Ewen,2023-12-18 About the Book The correlation between Christian faith and mental health has been a subject of intricate exploration and discussion Within the teachings of Christianity fundamental principles like forgiveness and gratitude are believed to wield substantial influence over mental well being Christianity emphasizes the significance of forgiveness both seeking it from God and extending it to others This practice holds potential transformative effects on mental health as harboring grudges and resentment can breed bitterness anger and anxiety By embracing forgiveness individuals can experience liberation and peace shedding negative emotions and redirecting focus towards personal growth Moreover gratitude stands as another pivotal principle in Christianity with the potential to positively impact mental well being Cultivating gratitude acknowledging blessings and expressing thanks for life s positives can foster contentment and happiness Studies indicate that individuals

who regularly practice gratitude exhibit lower levels of stress anxiety and depression Christian faith in offering a sense of hope and purpose provides a framework for understanding life's challenges and discovering meaning in difficult circumstances Particularly in times of adversity faith can provide solace comfort and resilience serving as a guiding light However the relationship between Christian faith and mental health is multifaceted While faith can serve as a source of strength and support it's crucial to recognize its limitations Faith is not a cure-all for all mental health issues Individuals may still require professional help such as therapy or medication to address specific conditions Additionally faith can sometimes be misinterpreted or misapplied leading to harmful practices or unrealistic expectations Therefore approaching the association between Christian faith and mental health demands a balanced perspective Acknowledging the potential benefits of faith while recognizing the need for comprehensive care is essential Integrating the teachings of Christianity with evidence-based practices enables individuals to cultivate a holistic approach to mental well-being that incorporates both faith and science

About the Author Dr David K Ewen is an extraordinary individual whose professional journey embodies a unique intersection of ministry academia and mental health advocacy As an ordained minister and accomplished international university professor at Global Studies University he brings a wealth of knowledge and experience to the challenging field of mental health particularly among marginalized communities Dr Ewen's dedication extends beyond conventional academic boundaries His commitment to addressing mental health issues among incarcerated individuals and the homeless community showcases his compassionate spirit and desire to serve those in need Working within these often overlooked populations requires a deep understanding of the complexities surrounding mental health challenges and social disparities Beyond his roles in academia and ministry Dr Ewen's contributions as an author speaker and podcaster highlight his commitment to raising awareness and initiating conversations about mental health His written works likely offer insightful perspectives drawing from his extensive experience and expertise in working with these vulnerable communities Through speaking engagements and podcast discussions he likely engages audiences fostering dialogue and understanding about mental health issues that affect diverse populations

Principles of Mental Health for Christian Living Charles Benton Eavey, 1956

God's Health and Natural Healing, Biblical and Dietary Laws Bishop J. L. Payne, 2007-01-01

What's the book about

It is in this book that the truths of physical and spiritual laws found in medical science theology and doctrines are vital to understand our trek toward good health this will include moral and natural laws they are important to us to the present and eternal well-being of men and women lives upon this planet This study is given as a fact a science and Godly understanding to help our total wellness In reference to our physical health facts remain that modern medical science is exclusive given to health as applied to mankind upon the planet and should far excel any other study in both temporal and material matters on the earth regarding health There are studies presented in this book about how true and vital preventive studies are to prevent sickness ill health and the study of preventive illness how important the plan for good health are needed now and the

increasing importance of it as an on going study It is to us as a revelation of living life in the now as well life progression into living for the future We will study the Creator s Laws that He has provided a preventive study against ill health and provides for us good health many years in advance for us to know as a guide to healthy living It is vital to our present well being to know the path to good health and procedures of prevention for wrongful health practices leading to illness and premature physical death I have introduced in this text such a study and as well a search for more realization that good health is earned and not simply primary a result of chance We are aware of inherited physical disadvantages or as we refer to them as hereditary illness and diseases and an awareness of such illness existing on one behalf without their ability to prevent or perhaps warded off I hope to have presented a positive constructive and clear understanding in this approach to preventive healing and natural health The science of health and medicine is not violate in this text but is relied upon and respected as true facts in good healthy living and answers for us today In these writings there is a systematic and a logical approach to study arrangement of certified facts I do not present a dogma or opinion regarding good health but rather a statement of the truths about our good health and wellness We have no conscious effort or purpose of a complete study of good health ill health nor have I presented in this text a general conclusion of such Our brief aim in these volume and subsequent works we have rendered is to present an educational and systematic study about humans and their health in view of what we term as natural health and natural healing With regard to the many differences among critical acclaim natural health healers scholars and doctors of natural health we are guided by the foundation truths found in general health laws and medical facts First the laws as given to us in Medical Science and practices of medicine secondly laws as given to us in the natural health These general practices are left oral and written We present this text not in a controversial or apologetic manner we are here to aid in more healthy living and prolong life as well as provide an increased awareness for more healthy study and results through the knowledge provided in the text Again with regard to our current medical laws teachings and ideals we violate none We must make this clear Some of the practices are historical and its message is not out dated or out molded The truth is at the very heart of good health is good understanding and knowledge Christianity and its views urge such knowledge A good Christian should practice the laws of good health *Restore the Flow* Jamie Chan-Ortega,2012-04 Do we understand how our food choices thoughts and emotions directly affect our physical health Who controls our personal health and well being Our doctors Our healthcare system Our Lord Or ourselves As a Christian acupuncturist in private practice yet fully integrated into the healthcare networks of Los Angeles Jamie Chan Ortega is able to offer natural healthcare and spiritual counsel within a system that all too often focuses just on the body in parts and grossly overlooks how a chronically stressed and negative mind burdened heart or broken spirit can aggravate if not directly cause a multitude of physical ailments and disease Do you crave the wholeness of health the fullness of joy gifts from God freely given We must pursue them Can we follow God and take heed to science at the same time Yes we can We can strike that balance between being responsibly in

control of our health yet surrendered to God With tremendous insight great intelligence and a readily felt tenderness Jamie encouragingly shows us how to apply scientific facts and spiritual principles into our everyday lives so that we can truly experience the fullness of life God intends for each and every one of us **The Healing Power of the Christian Mind** Dr. William Backus, 1998-05-01 Recent studies confirm what patients chaplains and medical clinicians have testified to for years dwelling on the truth of God s Word can enhance health Dr Backus brings biblical balance to mind body issues while staying clear of New Age philosophies Originally titled The Healing Power of a Healthy Mind **The New You** Nelson Searcy, Jennifer Dykes Henson, 2019-01-01 How many of us are living up to our full God given potential What s holding us back and how can we overcome it These are the questions Nelson Searcy and Jennifer Dykes Henson want us to ask and answer with the help of The New You With energy and enthusiasm the authors take a holistic view of health that encompasses the physical spiritual emotional and mental areas of our lives giving us proven systematic ways to dramatically improve each Readers come away with specific strategies to lose weight get more sleep lower stress nurture better relationships connect with God and much more Anyone who wants to trade in the frustration of average living and less than health for the hallmarks of the new life God promises will find The New You an effective personal guide for the journey People are looking for the big miracle or the one secret solution or the one answer to solve all their problems This exciting book focuses on small steps many small steps to transform your life Elmer L Towns cofounder and vice president Liberty University Are you tired worn down discouraged and longing for a vibrant life a new you Then this book is the prescription you need Nelson Searcy and Jennifer Dykes Henson have compiled a simple yet comprehensive list of biblical principles anchored in scientific fact that when applied energizes the tired rejuvenates the worn down and invigorates the discouraged Because of God s design for life if you do what this book teaches you cannot avoid a healthier and happier life Timothy R Jennings MD DFAPA psychiatrist and author of The Aging Brain and The God Shaped Brain The New You is like a handbook for life The content is clear concise and compelling And Nelson and Jennifer write in a style that is straightforward biblical and highly practical Your life will be better if you read and do what this book says Lance Witt founder Replenish Ministries Having no vision for your life should be alarming However having a big vision with no plan is senseless This book will help you cultivate both I love what Nelson and Jennifer have done because they ve made complicated concepts incredibly approachable You re going to want to keep this book near you for the rest of your life Clay Scroggins lead pastor North Point Community Church The New You proves a timely book as Christians are recognizing in increasing number the call to offer our bodies as living sacrifices Rom 12:1 Matthew C Easter assistant professor of Bible Missouri Baptist University The best book in a long time about how to balance spiritual and physical health Searcy and Henson give an easy to follow plan for improving health while growing your spiritual life Keep this book on your nightstand in your car or in your bag to consult it often and learn how physical health and spiritual growth were intended to work together Bob Whitesel DMin PhD award

winning author of 13 books coach consultant and speaker on church health and growth at ChurchHealth.net Progress not perfection This approach to life keeps me sane and moving in the right direction It is also what makes The New You such a valuable tool for making the most of your wellness Read and apply this book and your total person will be transformed Steve Reynolds pastor of Capital Baptist Church in Annandale Virginia and author of Bod4God Twelve Weeks to Lasting Weight Loss A refreshing and eye opening read Their practical and frank confrontation of the questions and unhealthy habits we often have encourages truthful reflection on how we serve as ministers and Christians This is balanced brilliantly with the small steps to change which provide motivation and are nonthreatening for persons who can become overwhelmed by just thinking about getting healthy Dwight Fletcher founder and senior pastor Transformed Life Church Kingston Jamaica I was not a healthy pastor I was overweight out of shape stressed out and headed for an early grave Two years ago I finally decided to put into practice the principles that Nelson shares in this new book the same principles that he has been living and sharing with me through coaching Nelson is right it really is the small things done consistently over time that make a huge impact in every area of life In the past two years I've lost over eighty five pounds and kept it off I have more energy than I've ever had and I'm healthier than I've ever been I cannot wait to share this book with you You really are one small step away from a brand new you Pastor Chris Rollins Coastal Community Church Charleston South Carolina Nelson has been my friend and role model for ministry for nearly thirty years I have witnessed him excel in every area of life from school to family life to church leadership The principles that have helped him to be a good friend husband father and pastor are shared in The New You in order to take you from an average life to an abundant life Michael A Jordan pastor Mount Vernon Baptist Church Axton Virginia In The New You Nelson and Jennifer not only give the reader a checkup but they also give strategies for improving the most important areas of life If you desire greater energy clearer thinking and spiritual vitality this is the book for you Brian Moore lead pastor Crosspointe Church Anaheim This book will strengthen your life regardless of your faith You will walk away stronger mentally spiritually physically and emotionally From the first chapter to the last you will find big and small ideas you can use now Don't wait buy this book now Jimmy Britt lead pastor Rocky River Church Charlotte North Carolina Nelson and Jennifer have done it again Having known Nelson for over a decade I have personally benefited from the teachings in this book I recommend this book to everyone And I think it would be a great book for small group study too Dr Rick Mandl senior pastor Eagle Rock Baptist Church Los Angeles California The New You is actually about reclaiming YOU The YOU God envisioned the YOU God created the YOU God loves In addition to physical health Nelson and Jennifer delve into the spiritual emotional and mental dimensions of what makes for a healthy YOU And that's where The New You really shines Their holistic approach to your health provides insights galore and at the end of each chapter simple and specific strategies to help YOU reclaim more of what God intended for YOU all along Pastor Kent Wilson creator of 9Minutes2Fit workout program certified functional aging specialist and assistant to the bishop in the Northwestern Ohio Synod of the

Evangelical Lutheran Church in America Wholeness and healing are at the top of God's priority list By clearly explaining the biblical principles that point to full health the authors make human wholeness not only understandable but through a series of small steps doable Stan Pegram lead pastor BMZ Regional Church

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Health And Well Being Christian Life Todaypb2001** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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