



Wellness for the Glory of God: Living Well after 40 with Joy and Contentment in All of Life

John, MD Dunlop

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What Is True Wellness?

From dieting cookbooks to workout DVDs, our culture is obsessed with getting healthy and staying fit. But what does true wellness really entail, especially as we get older?

In this comprehensive book, a Christian doctor explores the six areas of life that contribute to a holistic vision of health: physical, mental, social, financial, spiritual, and emotional. With questions for personal reflection and group discussion, this book offers older Christians the guidance they need to view aging as an opportunity for continued learning and growth in all areas of life.

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Patricia Steele:

Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or their friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to test look for book, may be the reserve untitled Wellness for the Glory of God: Living Well after 40 with Joy and Contentment in All of Life can be fine book to read. May be it might be best activity to you.

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