


[DOWNLOAD](#)

[READ ONLINE](#)
 [6.64 MB]

Soul Workout: Keeping Your Spirit Healthy

By Janice Speddings

AUTHORHOUSE, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Using the words soul and workout in the same sentence may seem implausible and stretching artistic licence too far, but in the Soul Workout book, the improbable becomes believable and the only stretching to be done is metaphorical. An imaginary visit to the gym for a workout becomes a metaphor for the spiritual disciplines of Bible reading, prayer, and contemplative reflection. Going to the gym may not be everybody's cup of tea, but when the idea is transposed into the metaphor, everyone can breathe a sigh of relief: lycra and dumbbells will not be required. What is needed is a willingness to be open to prayer, spiritual reflection, and a desire to look for creative ways to deepen your faith journey: this is what Soul Workout offers. By methodically guiding you through the metaphor, Janice Speddings shows how different aspects of the gym have their spiritual counterpart: so cardiovascular exercise is likened to time spent building a deeper relationship with God (the heart and life-blood of the Christian faith) while spiritual weight-resistance exercise is seen as a...

Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Prof. Valentin Hane MD

The most effective publication i ever study. I am quite late in start reading this one, but better then never. You wont sense monotony at whenever you want of your time (that's what catalogs are for concerning in the event you ask me).

-- Prof. Erin Larson I