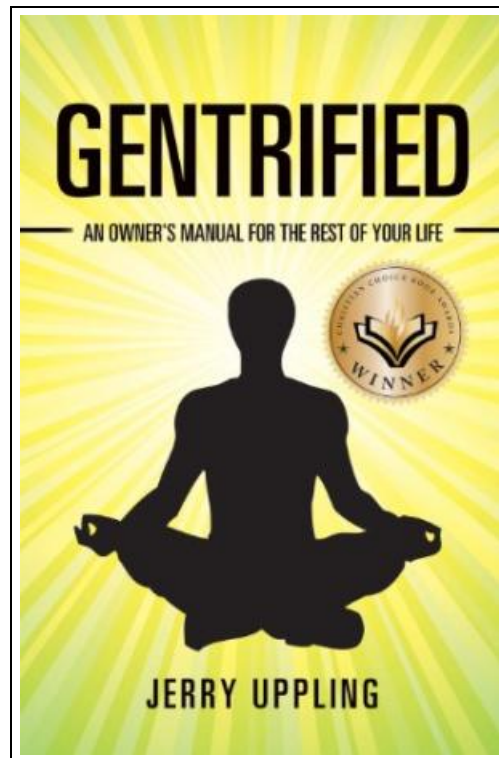


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Xulon Press, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.We have in our care just one temple, and after many years of allowing it to deteriorate, it is now time to restore and improve that rundown temple. Ownership has responsibility; accepting that responsibility is up to us. In our rush toward the rest of our lives, we have tried taking shortcuts, only to end up somewhere we don't want to be. We take medications we rely on to live, ingest nutritional supplements to balance our lack of energy, and end up with a spirit that is just plain worn out from seeking God in all the wrong places. This book is about taking ownership of the temple we live in. It's about adjusting our attitudes toward wellness, realizing new ways to find exercise in the normal everyday motions we make, seeing food in a new and exciting way, and rediscovering the life-giving spirit. Jerry Uppling has a background in psychology, coaching, and theology and owns a small business. His eclectic background makes him the perfect person to write about wellness for the mind, body, and spirit. His motivation in writing this book was to clear up much of the misinformation about wellness that is so widely accepted by the general public. Jerry discovered that coaching wrestling is all about maximizing the extraordinary human potential in one-on-one contests of the will, developing strength, and cultivating the endurance of a finely tuned athlete. One way or another, we are all wrestlers, wrestling with one thing or another. His book is the result of a lifetime of study and research aided by many experts in their fields openly sharing their results. A professor once told Jerry, Everybody...



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