



5 Spiritual Lessons from a Fitness Instructor

By Mark Sherwood

Xulon Press. Paperback. Book Condition: New. Paperback. 114 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. How can a person achieve a greater level of physical fitness and spiritual growth? Of course it will take effort, but what are the most important keys to making the most of one's efforts? You will find out when you read *5 Spiritual Lessons from a Fitness Instructor*. In this book, Mark Sherwood endeavors to help people grow in their relationship with Jesus. He does this by using his background as a fitness instructor to explain how concepts that are important for improvement in physical fitness, also have application to people who desire to grow spiritually. What concepts do physical fitness and spiritual fitness have in common? Not only do both require effort, but it is effort while in the right physical or spiritual state of being that makes one's efforts productive. To accomplish this, a person must learn to focus on the main things that produce the majority of the results, as well as the specifics that are unique to their own gifting and calling. You will be challenged to apply these concepts as you read about them, and gain a new level of...



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