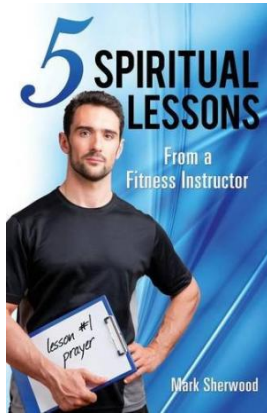


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5 SPIRITUAL LESSONS FROM A FITNESS INSTRUCTOR



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...

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- Authored by Mark Sherwood
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