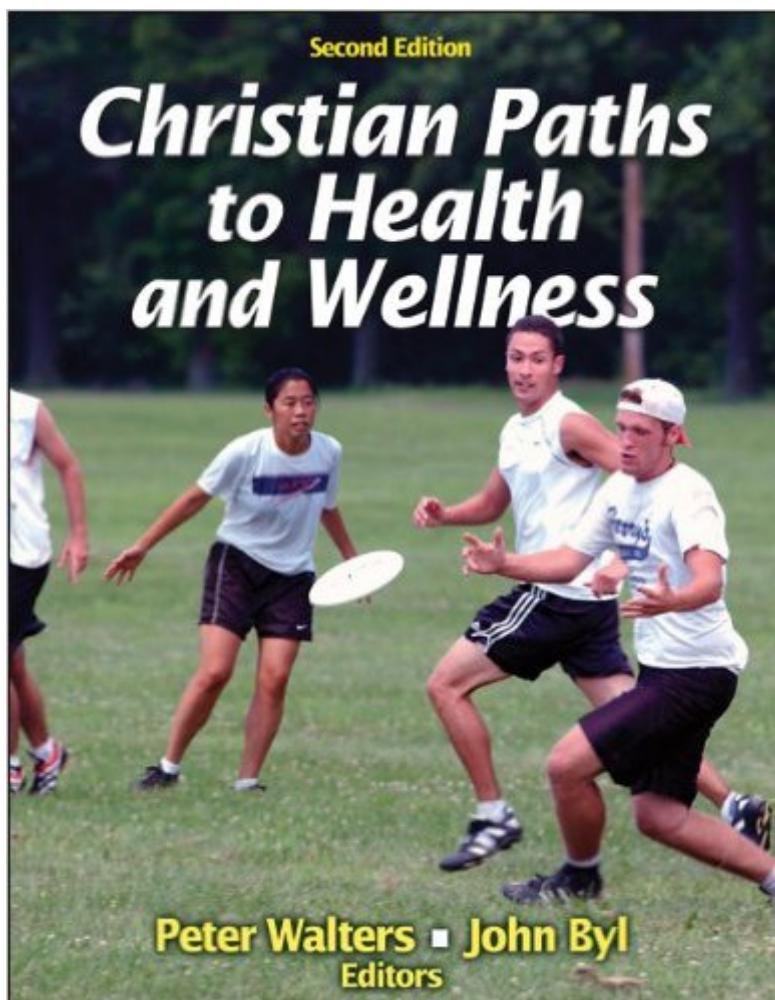


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# Christian Paths To Health And Wellness-2nd Edition



## Synopsis

Christian Paths to Health and Wellness, Second Edition, offers a unique, faith-based perspective on the pursuit of wellness for body, mind, and spirit. Written for undergraduate students attending Christian universities, this updated edition also serves as a reference for anyone seeking God-pleasing guidance to make positive life changes. Christian Paths to Health and Wellness will help you • develop cardiorespiratory endurance, muscular strength, and flexibility; • apply principles of good nutrition; • manage stress and better understand other issues affecting emotional wellness; • learn the importance of regular, sound sleep; and • understand how to develop and maintain healthy relationships. In this new edition, you'll find the latest research on nutrition and fitness woven into an engaging narrative complemented by true stories of personal empowerment. This inspiring book will help you take charge of your health, learn about the importance of physical wellness to the whole person, and apply aspects of behavior modification in reaching your goals. Like the first edition, Christian Paths to Health and Wellness, Second Edition, draws on the expertise and perspective of a team of Christian academics engaged in teaching health and wellness courses with a Christian foundation. Learning features in the text, including chapter outcomes and review questions, offer guideposts for retaining and referencing information. Application activities help you reflect on chapter content as you consider, through exercises and written reflections, how to translate what you've learned to your own life.

• Point/counterpoint discussions give you a forum for discussing a topic from alternative perspectives. In addition, a glossary defines new terms, which are highlighted in bold type throughout the text and included in lists of key terms in each chapter. For instructors, free access to online ancillaries, including an instructor guide, presentation package with image bank, and test package, offer comprehensive support for course delivery and assessment. Psalm 119 reminds us that God's word is a lamp for my feet, a light on my path. • In this way, the second edition of Christian Paths to Health and Wellness considers how scripture speaks about caring for your whole being and encourages you "through tools, information, and strategies" to live a focused life fixed on godly physical goals. v

## Book Information

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## Customer Reviews

Abraham and Moses were shepherds, Jesus was a craftsman, and other than that they're all biblical characters, they had one other thing in common; they lived in an age when there were no "sedentary lifestyles" or bad food. The average diet in those days was bread, goat cheese, dates, and olives, no processed meats or sodium-heavy canned soups. The only meat they would've had was goat, and even that was only eaten on special occasions. Today it's not much different in some Arab countries; lunch for a Bedouin goat herder is bread and dates. He doesn't sit at a desk all day, eating junk food because he's bored. Christian Paths to Health and Wellness is essentially about the American health crisis. On one hand we eat bad food and don't exercise enough, while on the other hand, the rest of us are dangerously obsessed with our looks. In the case study My Struggles With My Appearance it shows you how if you're too concerned with your body, it actually overrides your concern for real health. Young men often become so concerned with the perfect figure that they use steroids, and we all know what those do to you. There's a reason why vanity is one of the seven deadly sins! In some ways this book blames a lot of the problem in the constant pressure to win. In the chapter Emotional Health and Wellness, it discusses the massive stress we put on ourselves, along with selective listening. First, as St. Paul said in Romans 7:21, "some people think they accomplish nothing unless they accomplish all goals." Now think of the man or woman who works long hours to pay for a huge house, cable TV, student loans, vacation in the Bahamas. Then there's the high school athlete who pushes himself to win at the expense of his grades, his health, and his freedom.

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