



Biblical Keys To Healthy Living (Paperback)

By Nosike Elechi-Amadi

AUTHORHOUSE, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This book has been written to highlight the medical dimensions of biblical injunctions. It explains in simple language the health benefits obtainable from living in accordance with the biblical precepts. The Bible encourages health-enhancing habits, such as eating good diets, exercising rightly, and sleeping adequately. In addition, this book also discusses the effects of anger, music, laughter, church attendance, tattoo, marriage, forgiveness, worry/stress, and personal hygiene on human health. The essence is to draw the readers attention to the need to wake up to their responsibilities if they are to enjoy good health, which the Bible promises. Although written with Christians in mind, it is equally beneficial to non-Christians since the concern and desire for good health cut across all religious divides. This book will provide us valuable information and knowledge . . . and will prove to be a handy resource that will keep you away from suffering many things of many physicians. -Rev. Dr. B. U. Okafor.



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Reviews

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The ebook is not difficult in study preferable to understand. it was writtern quite flawlessly and beneficial. You are going to like just how the author compose this book.

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