



Fit for Prayer: Learn How to Fit Prayer and Physical Activity Into Your Daily Routine (Paperback)

By Kimberley Payne

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fit for Prayer unites physical health and spiritual health to help you lose weight and develop a deeper relationship with God. You will gain insight into how to incorporate prayer and fitness into your daily routine. You will learn: Exercise Strategies that Work Effective Goal Planning Prayer Strategies that Work To Develop an Action Plan.



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