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Prayer Zone Workout

By Rachel J Britton

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.I m going to start exercising soon. I want to pray more often and more deeply. but I get distracted. Our resolutions to get in shape both physically and spiritually often fall short. We begin with enthusiasm, but find it difficult to stay committed. In Prayer Zone Workout, Rachel Britton shares how these two disciplines came to intersect in her life, and how each made the other more fruitful. Through directed prayer exercises and thoughtful journal entries, Prayer Zone Workout offers an accessible path to spiritual and physical wellness. Prayer Zone Workout is supported by the PZW smartphone app available in the app store. Learn more at.



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