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A Young Woman's Guide to the Spiritual Life

By Rev. MSGR. Edward D. Strano

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 229 x 152 mm. Language: English Brand New Book ***** Print on Demand *****.We are all conscious of the importance exercise plays in keeping a young woman healthy. Doctors remind us of this and television exposes us to its importance. Physical exercise and sports are an integral part of the school curriculum. A healthy body means all her parts are functioning smoothly. It can ward off disease, she has a genuine sense of well being, and is, happy to be alive. However, we must also make her aware that she is made up of more than just a body. There are spiritual parts to her as well. There is the intellect where thoughts, ideas, ideals and ambitions originate. There is that part of her spiritual being that has contact with divinity. It is called the soul. A soul too must be exercised in order to maintain health. The exercises for the soul are prayer, the study of theology, receiving the Sacraments, and learning truths about the spiritual life taught by Jesus Christ. I have put together thirty such truths presented in this little book. These are not just lessons to be read...



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An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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