



The Physically Fit Messiah: Wellness Wisdom Past and Present

By Cal Samra

Robert D. Reed Publishers, United States, 2016. Paperback.
Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. HOW OPEN AND READY ARE YOU TO LEARN FROM THE PAST AND CHANGE YOUR PRESENT? If you pooh-pooh the wisdom of our elders and have little regard for history, this book is NOT for you. However, if you believe you can garner motivation to live, and at the same time promote in others, a healthier lifestyle from an author who is. an octogenarian who plays tennis four times a week, a man who eats a Mediterranean diet similar to the diet that Jesus ate and enjoys organic gardening, a former newspaper reporter and columnist who has been editing a national humor newsletter for churches (The Joyful Noiseletter)for 31years, a health and humor historian, a man who has such a sense of humor and humility that he admits he once was so depressed that he looked for ways to hang himself from an Arizona cactus. then Samra s book will be life-changing for you. Too many people are ailing and dying in church pews, and author Cal Samra is challenging clergy and health professionals to stem the epidemic of...



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