



Ten Commandments of Lifting Weights

By Jared Zimmerer

Bezalel Books. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 8.8in. x 5.8in. x 0.4in. At one time or another you've heard the adage, no pain, no gain. This simple but yet revealing statement brings to mind that without effort you will have no gain or have the end results you hope for. The act of suffering as revealed by Christ in His crucifixion communicates to all humanity the following point: unless we take up our cross and understand the role of redemptive suffering in our lives, we will never truly understand the free gift of grace God has given us through His Son Jesus Christ. In his book *The Ten Commandments of Lifting Weights* Jared Zimmerer deftly touches upon an area of life not often associated with living a moral virtuous life e. g. lifting weights. Jared clearly articulates to the reader the profound impact weightlifting can have in our lives when applying the basic principles of the Ten Commandments as guideposts to spiritual and physical well-being. This book is a must read for every coach, trainer, young man or woman desiring authentic, Catholic Christian principles in a weightlifting environment. - Marlon De La Torre MA, MEd. Director of Catechist...



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Reviews

This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.

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