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## Description

Facts about nutrition are more and more becoming common knowledge and much has been accomplished in educating the public in health matters. This is good.

Of far greater importance for the true believ-er is his or her Spiritual health and well being. It is amazing how much the Scriptures have to teach us about such things, indicated by the chapter headings, as: Nutrition, Exercise, Attitude, Regular Check-ups, etc.

The reader will find this book very interest-ing and truly challenging. It is worthwhile food for the soul.

From the introduction you will learn some-thing of the author and his background.

75 pages - Softcover - Author: A. M. Behnam