

Christian Paths To Health And Wellness

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Christian Paths to Health and Wellness is significantly different than most health textbooks in that it expects students to not just learn the material, but to also apply it, especially through a fitness program. In a homeschool context, it should work best for self-motivated students who are able to work through the text independently.

Christian Paths to Health and Wellness

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Through Christian Paths to Health and Wellness, students will learn about and practice making choices that have positive effects on their lifelong fitness and wellness. Students will become aware of physical wellness issues and develop a passion for proactive and permanent lifestyle changes. And they will do it all with a God-centered approach.

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Christian Paths to Health and Wellness, Second Edition, offers a unique, faith-based perspective on the pursuit of wellness for body, mind, and spirit. Written for undergraduate students attending Christian universities, this updated edition also serves as a reference for anyone seeking God-pleasing guidance to make positive life changes.

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