



How to Have Better Health: Finding Wellness Through Prayer (Paperback)

By Reverend Paul Lachlan Peck M Ed, Reverend Paul Lachlan Peck

iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Health is more than the absence of disease-it is a delicate balance between each aspect of your life. An ordained minister and family counselor, Reverend Paul Lachlan Peck contends that you can have better health through prayer and meditation. In his groundbreaking work How to Have Better Health, Peck shares his own experiences with health and well-being. Peck believes that wellness fluctuates between health and disease according to how the individual responds to various methods of prevention and treatment. Through a series of instructions, Peck teaches you how to attain and maintain a better level of constant health. These thought-provoking lessons, based on verses found in the Bible, include: Gaining strength from truth Millstones or milestones Dealing with defeat Empathy or sympathy Healing chronic complaints Full of insight, How to Have Better Health will show you the way to a new and improved life through the power of prayer!.



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Reviews

Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.

-- **Mr. Jerry Littel**

It is great and fantastic. It can be written in easy phrases and never hard to understand. You will not really feel monotony at any time of your respective time (that's what catalogues are for concerning if you request me).

-- **Michel Halvorson**