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SPIRITUAL FITNESS: EMBRACE YOUR SOUL, TRANSFORM YOUR LIFE



Llewellyn Publications, U.S., United States, 2005. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book. On our eternal quest for self-improvement - trying to attain beauty, love, or health - there is a vital area often overlooked: our spiritual well-being. Nancy Mramor takes readers on a journey of self-transformation that begins with the spirit. Spiritual Fitness provides a curriculum for life that nourishes the spiritual self and builds a strong connection to the Divine. This self-directed...

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- Authored by Nancy Mramor PH.D.
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