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Tending the Temple: 365 Days of Spiritual and Physical Devotions

By PhD Kevin Vost, Peggy Bowes, Shane Preston Kapler

BEZALEL BOOKS, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Tending the Temple Product Description Best-selling Catholic author and speaker Kevin Vost (Fit for Eternal Life and Memorize the Faith) takes the daily devotional to the next level: the fitness level! Together with popular author and fitness devotee Shane Kapler (The God Who Is Love) and fitness expert and best-selling author Peggy Bowes (The Rosary Workout), Vost explores the ways in which a daily devotional can feed both the soul and the body. Tending the Temple is written with a daily spiritual meditation upon the life of a saint whose influence then becomes the foundation for a unique exercise for that day. The winning team of Vost, Kapler, and Bowes has created a truly distinctive way to begin each day in a faith-filled way and is sure to become a favorite for every person anxious to live out his or her faith both spiritually and physically. The glossary and health terms included as references are invaluable, and show the determination of Vost, Kapler, and Bowes to help the reader combine...



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