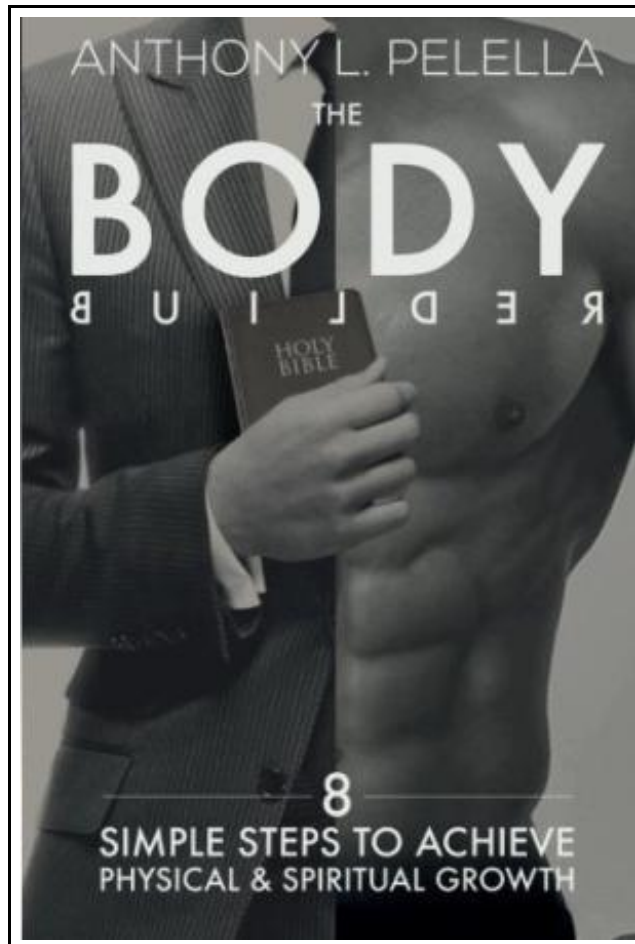


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THE BODYBUILDER: 8 SIMPLE STEPS TO ACHIEVE PHYSICAL AND SPIRITUAL GROWTH

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Anthony Pelella, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The BodyBuilder by Anthony L. Pelella Growing up in Brentwood during the 70 s, I watched my dad train. In Valley Stream during the 80 s, I started training with him. It was these training sessions and thousands more throughout the years that I have gleaned many of the valuable lessons that I write about in my book. There are two passions that have been in my heart for more than half my life; weight training and being a follower of Christ. With all the experience I had gleaned from both areas I decided that the two just looked to close to one another to be ignored. I have been living on Long Island for 41years and have been a pastor in Medford Long Island going on 17 years. I felt in my heart a strong desire to write about these two passions and use them to show the gospel message in a way that the average guy or gal at the gym could easily relate to. In the days that Jesus walked this earth, fishing and farming where great ways to relate to people. Today on Long Island, in the communities that I ve grown up in, the gym is something most people understand. If you have anything that moves you toward hard work dedication in the physical fitness arena then you ll get the heart of why this book was written. Using the passage found in 1 Timothy 4:8 - For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come - I wrote a series of comparisons between...



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