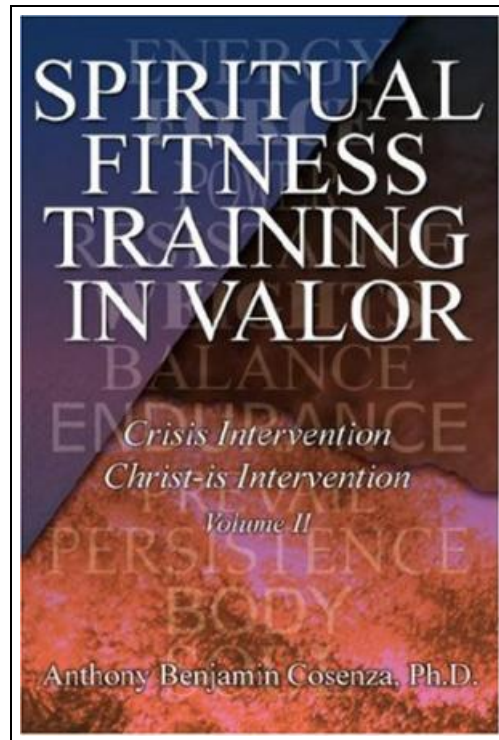


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iUniverse, United States, 2007. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Spiritual Fitness Training in Valor is a bold spiritually-directed training guide that helps us to shift from a crisis to Christ. In his second volume of Crisis intervention/ Christ-is Intervention, the author/psychologist expands his spiritual balance training program to include a series of spiritual strength, weight, resistance and cardio-aerobic exercises. Dr. Cosenza shows us how to use weights of prevailing in crises. We learn how to handle life s pressures through spiritual resistance training. Finally, we encouraged to walk in our completeness in Christ through spiritual cardio-aerobic techniques. This unique spiritual fitness program in courage and resilience has major applications for crisis intervention by spiritual leaders, mental health professionals, teachers of pastoral counseling, health fitness trainers, and loyal followers of the Lord Jesus Christ who wants to help others.



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