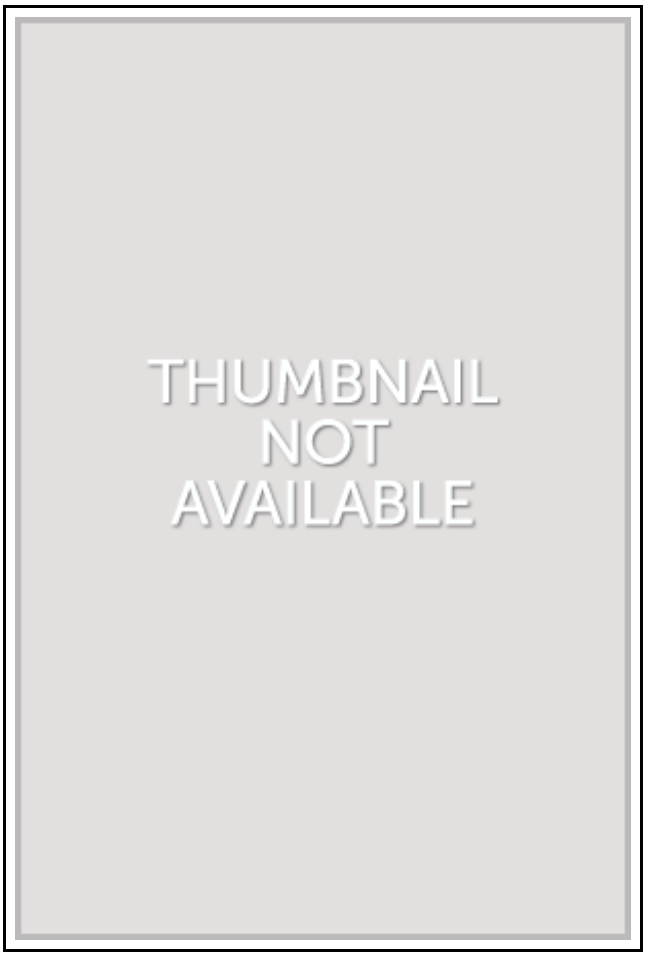
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AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 229 x 152 mm. Language: English Brand New Book ***** Print on Demand *****.We are all conscious of the importance exercise plays in keeping a young woman healthy. Doctors remind us of this and television exposes us to its importance. Physical exercise and sports are an integral part of the school curriculum. A healthy body means all her parts are functioning smoothly. It can ward off disease, she has a genuine sense of well being, and is, happy to be alive. However, we must also make her aware that she is made up of more than just a body. There are spiritual parts to her as well. There is the intellect where thoughts, ideas, ideals and ambitions originate. There is that part of her spiritual being that has contact with divinity. It is called the soul. A soul too must be exercised in order to maintain health. The exercises for the soul are prayer, the study of theology, receiving the Sacraments, and learning truths about the spiritual life taught by Jesus Christ. I have put together thirty such truths presented in this little book. These are not just lessons to be read once and then put on a shelf to gather dust. They are exercises to be studied and reflected upon, until they become part of the girl s psyche. I hope to approach the supernatural through her eyes, and with her comprehension. I hope to introduce her to concepts she has never quite understood before. My desire is to help her taste and see how sweet is the goodness of the Lord. I wish to help a young woman get through the pitfalls of adolescence so that she will arrive at adulthood armed with the weapons she received at Confirmation; to...

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