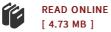




# Gentrified

By Jerry Uppling

Xulon Press, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We have in our care just one temple, and after many years of allowing it to deteriorate, it is now time to restore and improve that rundown temple. Ownership has responsibility; accepting that responsibility is up to us. In our rush toward the rest of our lives, we have tried taking shortcuts, only to end up somewhere we don t want to be. We take medications we rely on to live, ingest nutritional supplements to balance our lack of energy, and end up with a spirit that is just plain worn out from seeking God in all the wrong places. This book is about taking ownership of the temple we live in. It s about adjusting our attitudes toward wellness, realizing new ways to find exercise in the normal everyday motions we make, seeing food in a new and exciting way, and rediscovering the life-giving spirit. Jerry Uppling has a background in psychology, coaching, and theology and owns a small business. His eclectic background makes him the perfect person to write about wellness for the mind, body,...



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