

Body & Soul: Walking with God to Total Health

James Coutts Maxwell, Jim Maxwell



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Body & Soul: Walking with God to Total Health James Coutts Maxwell, Jim Maxwell Millions have already discovered the benefits of America's most inexpensive and convenient exercise-walking. Now Jim Maxwell shares that walking is good for more than just your physical health. Body and Soul offers ideas for personal quiet time, Scripture memorization, sharing one's faith, developing a personal walking routine, and organizing walking groups.

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