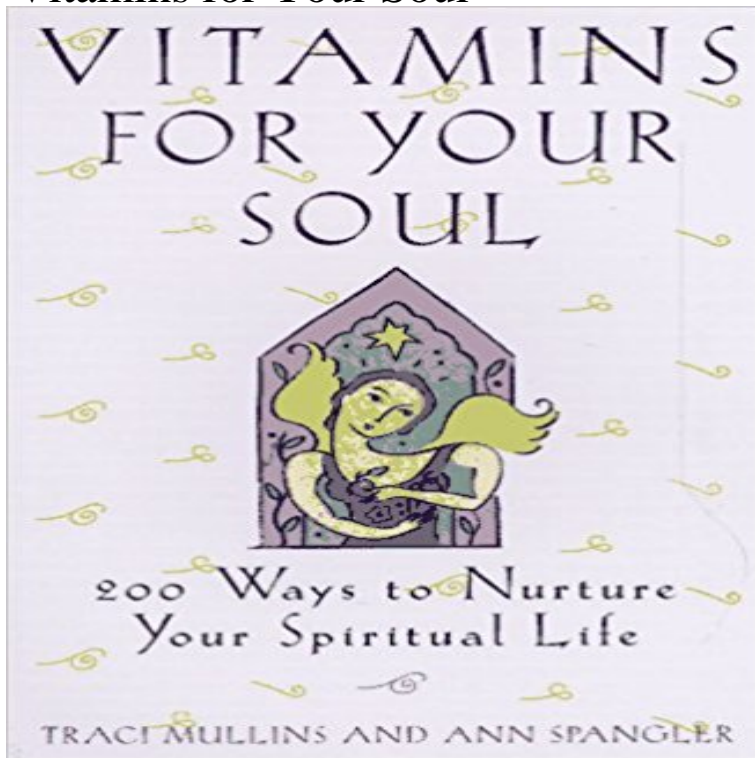


## Vitamins for Your Soul



In order to survive the rigors of everyday life and thrive, our physical bodies demand rest, exercise, food, recreation, and protection. So, also does our spiritual life; our souls need refreshment, refueling, retreat, and activity, attention, care and healing. Webster's Dictionary defines soul as a vital or essential part and spirit as the life principle. Your soul, like your body, needs to be actively nourished to be fully alive. Vitamins for Your Soul provides inspiration and thought-provoking insight into the nature of the soul as well as 200 practical suggestions on how to nurture or restore spiritual vitality. By providing simple, clear spiritual direction, Vitamins for Your Soul helps readers make measurable progress in a vital area of life.

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