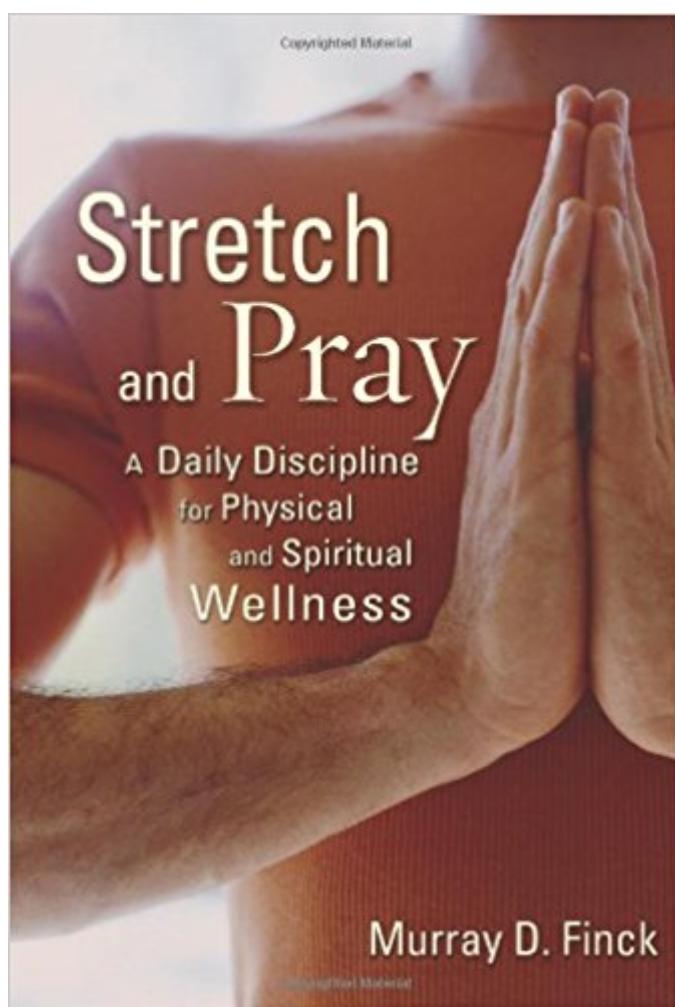


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# Stretch And Pray: A Daily Discipline For Physical And Spiritual Wellness



## **Synopsis**

In this book, Finck provides a step-by-step guide to forty stretches, movements, and postures to improve physical and spiritual well-being. The book features photographs and devotional reflections for individuals to use to create their own routines. While on a pilgrimage trek through Thailand, Finck discovered the benefits of daily stretching and quiet prayer. On the physical level, after only one week, the chronic back pain that had plagued him for twenty years disappeared. On a spiritual level, the poses deepened his prayer experiences.

## **Book Information**

Paperback: 130 pages

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Average Customer Review: 4.2 out of 5 stars 7 customer reviews

Best Sellers Rank: #886,611 in Books (See Top 100 in Books) #113 in Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching #1691 in Books > Religion & Spirituality > Worship & Devotion > Prayer #42226 in Books > Christian Books & Bibles > Christian Living

## **Customer Reviews**

"A wonderful way to integrate body and spirit. As I prayed the gentle stretches, I felt the involvement of the spirit throughout my whole being. I recommend this book to all who wish to honor their bodies as an integral part of their spiritual journeys." -- Jane E. Vennard "author of Praying with Body and Soul and Embracing the World: Praying for Justice and Peace"

Wonderful idea, but hard to memorize some of the longer verses while doing the stretch. I think it would be easier with a DVD or audio accompaniment to read to me while I stretch.

Great for someone who has no experience with yoga. Will fit with any prior experience of meditation. Also serves as a journal.

Wonderful stretching, and combined with prayer it sets up my day beautifully.

I love the idea of having a worshipful exercise program, but was hoping to find a program that I could tailor for a six-week group session. Also - I'm not happy about the inclusion of a bunch of blank journal pages. It seems a waste of space.

Excellent stretching book and the bible verses are such a wonderful addition to the yoga genre! I have purchased this book three times and have given it to others because it is so wonderful!

I have used the stretch and pray practice almost every morning for over ten years. It is a practice that I find I can do with some consistency. It is good to get the lungs working, the body tuned and the stiffness out and then moving into about 10 or 12 minutes of quiet prayer with prayer positions which are also stretches. . The prayer positions aid in keeping mindful my prayers - gratitude, confession, petitions, intercessions, and finally finishing with a few minutes of silent contemplation. Sometimes I write a bit in my journal after these minutes. I highly recommend this book for those looking for a practical guide for their prayer lives. Jerry Aaker, Sheridan, Montana

This book is written really simple and easy to follow with pictures for all exercise positions. No complicated lotus positions. I'm really interested in replacing the money grabbing, do nothing, hurt me, doctors and chiropractors. This might do the trick.

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