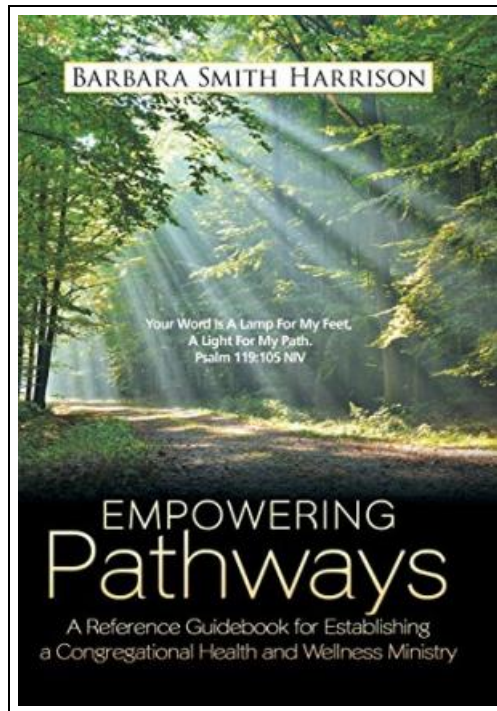


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Reviews

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EMPOWERING PATHWAYS: A REFERENCE GUIDEBOOK FOR ESTABLISHING A CONGREGATIONAL HEALTH AND WELLNESS MINISTRY (HARDBACK)



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WestBow Press, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Empowering Pathways is a unique guidebook that outlines a holistic faith based approach to congregational health and wellness. The book provides interventional strategies, helpful tools, and techniques that are designed to assist Christian churches with practical methods to establish or transform a congregational health and wellness ministry. A ten step process for establishing a ministry, the composition and characteristics of the wellness team, and the strategic planning process is presented with graphic illustrations and examples. Other relevant health data on many chronic diseases is provided in an easy to follow format. Detailed guidelines on acquiring knowledge of health-care support services that are designed to prevent, detect, and treat illness are included. Also, the book is a useful personal health reference guide for parishioner and their families in pursuing advocacy, empowerment, and support for one another. Strategies and methods to take control of your health while making appropriate lifestyle changes are discussed. The book discusses the importance of preparing for health care visits and the advantages of forming a partnership with your health-care. Other practical information to optimize your health experience is outlined. Empowering Pathways emphasizes that preserving our health and faith are high priorities. As Christians, we often concentrate on our spiritual needs and neglect the condition of our mind and body. It is important to acknowledge God s concern for the whole being of the Christian. God desires us to be strong in mind, body, and spirit; therefore, protecting and preserving our health and well-being is an act of appreciation to Him. The Christian church plays a significant role in connection our faith, health, and engagement. This book is a helpful and concise reference guidebook that will inspire and encourage Christians individually...

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