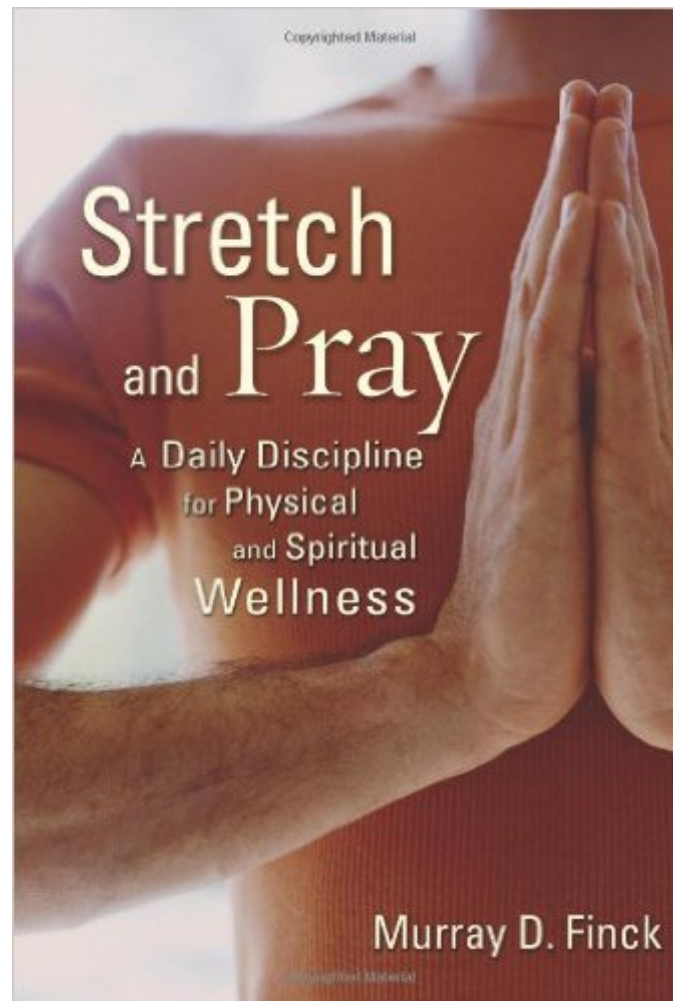


The book was found

# 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

Publisher: Augsburg Fortress Publishers (February 1, 2005)

Language: English

ISBN-10: 0806651377

ISBN-13: 978-0806651378

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,270,421 in Books (See Top 100 in Books) #133 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #2622 in [Books > Religion & Spirituality > Worship & Devotion > Prayer](#) #60116 in [Books > Christian Books & Bibles > Christian Living](#)

## Customer Reviews

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.

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.

[Download to continue reading...](#)

Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) Eat, Pray, Die (An Eat, Pray, Die Humorous Mystery Book 1) Daily Military Quotes: 365 Days of the Best Quotes on War, Leadership, Courage and Discipline From History's Greatest Generals, Soldiers, and Heroes. (Quotes for Soldiers, Daily Quotes, Motivation) Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) The Healing Power of Reiki: A Modern Master's Approach to Emotional, Spiritual & Physical Wellness The Spiritual Warfare Handbook: How to Battle, Pray and Prepare Your House for Triumph Powerful Prayers in the War Room: Learning to Pray like a Powerful Prayer Warrior (Spiritual Battle Plan for Prayer) (Volume 1) Pray Thy Kingdom Come: Effectively Praying the Powerful Kingdom of God into your life, from Heaven's Perspective (Prayer, Intercession, Kingdom of God, Spiritual Warfare, Effective Results) 10 Days To Lifetime Self-Discipline: The Fastest Path To Motivation And Willpower (Self-Confidence, Self-Belief, Strategies, Develop Discipline, Achieve your Dreams) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Discipline: Become A Greek Spartan: Everything You Need to Know to Transform Your Life into A Modern Day Spartan & Gain More Confidence, Hunger and ... (Greek Spartan Mindset, Spartan Discipline) Discipline Ranch: Domestic Discipline Romance The Healthy Way to Stretch Your Dog: A Physical Therapy Approach (Dogwise Manual) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series

Book 1) Celebration of Discipline: The Path to Spiritual Growth Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline (Pocket Classics) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)

[Dmca](#)