

From the SJA Library

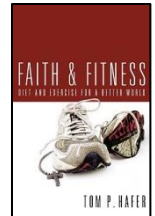
Located in room 113

Start the New Year with a Good Book!

Health

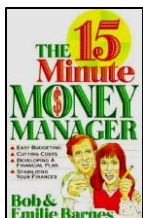
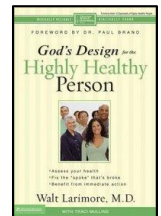
Faith & Fitness Diet and Exercise for a Better World by Tom P. Hafer

Faith & Fitness orchestrates the integration of the physical, Spiritual and the Environmental aspects of our lives, creating a deeper understanding of the Creator's intention for the health of all His people and the planet. It is the way we grow, eat, and share food that cures obesity and world hunger. It is the way we see exercise; no longer is it a necessary chore, it is reclaimed as the beautiful physical healing gift it was intended to be.



God's Design for the Highly Healthy Person by Walt Larimore, M.D.

Dr. Walt Larimore has seen it all – as a family physician a medical journalist and now your doctor on call. It's like having your very own mentor to guide you in your total health picture, from treating illness and navigating the health care system to developing a proactive approach to personal wellness. A must-read resource for pursuing wellness, coping with illness, and developing a personalized plan to care for your health needs. Find balance of physical, emotional, relational, and spiritual vitality at any age.



Money

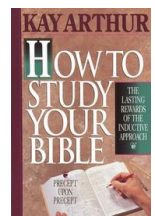
The 15 Minute Money Manager by Bob & Emilie Barnes

A money management book for busy people! Watch your finances come into focus as you apply the authors' proven 15-minute principle: Invest a small amount of time and make a big difference. Quick-reading chapters of ready-to-use ideas are intended to help you.

Spiritual Growth

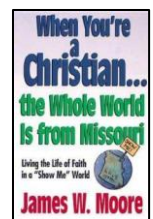
How to Study Your Bible by Kay Arthur

What is inductive study? It's a revolutionary approach to directly interacting with God's Word – and letting it speak for itself – in a way so personal, so memorable, that every insight you gain will be your for life. Step-by-step Bible study skills such as observation, interpretation, application, and more – skills that mean the difference between being a passive spectator and an active participant in God's Word!



When You're a Christian, the Whole World Is from Missouri (Living the Life of Faith in a "Show Me" World) by James W. Moore

Essentially, the world says to us, "If you're a Christian, then show me!" Moore contends that we, as Christians, must show the world that our faith is not only a way of believing but also a way of behaving – that it is not just something we celebrate on Sunday, but something we live out in the world every day.



Laugh

Sisterchicks Say Ooh La La! By Robin Jones Gunn

When they were little girls, Amy made Lisa promise her that someday they'd go to Paris and walk down the Champs-Elysees together looking tres chic. Then over the years, they drifted apart. But some promises seem to be held for safekeeping in the courts of heaven until the time is right, and these reconnected friend-for-life are handed the opportunity to see Paris together! The City of Lights turns out to be all Amy ever promised. Of course, there are also con men, but nothing deters these Sisterchicks as they climb a few personal "Eiffel Towers" in this next season of life. The only way to go is step by step together under the careful protection of their Heavenly Papa, who showers them with grace upon grace.

