



The Strong Temple: A Man's Guide to Developing Spiritual and Physical Health

Dr. Wayne Jacobs

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Developing good health habits, selecting the right foods, getting enough exercise, and managing stress are important. But did you know that a Christian man's wise health choices hold benefits beyond the physical? They can lead to a lifestyle that supports spiritual values and lends strength for the faith journey. Mark 12:30 teaches, "Love the Lord your God with all your heart and with all your soul and with all of your mind and with all of your strength." In *The Strong Temple: A Man's Guide to Developing Spiritual and Physical Health*, Dr. Wayne Jacobs gives men the tools they need to adopt a personal wellness plan to help them do just that.

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