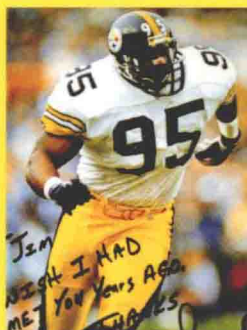


Strength Training

The Post-Conventional Way

By Jim Christian



Physical Strength For The Game of Life

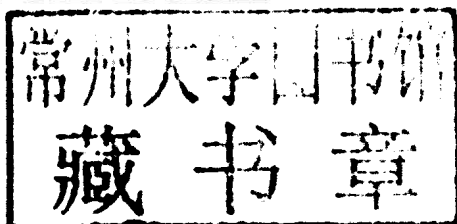
They shall mount up with wings like eagles; they shall run and not be weary; and they shall walk and not faint.

Isaiah 40:31

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Library of Congress Control Number:	2010913254	
ISBN:	Hardcover	978-1-4535-7246-7
	Softcover	978-1-4535-7245-0
	Ebook	978-1-4535-7247-4

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Acknowledgments

A special thanks to John J. McCarthy, Ph.D.
and to Jim Holloway

With Wings Like Eagles

Whether they are training for athletic competition or simply for the game of life, true winners consistently demonstrate an above average determination to succeed in spite of the difficulties they may encounter. Here is an excellent description of those times and critical moments when they must find strength beyond themselves:

He gives power to the faint, and to those who have no might, He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall; but those who wait upon the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; and they shall walk and not faint.

Isaiah 40:29-31