



40 Days, Book 3: God's Health Principles for His Last-Day People

Dennis Smith

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Physical health influences spiritual and emotional health as well as the ability to minister effectively. As Ellen White said so succinctly: "The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do" (Christ's Object Lessons, p. 346). In this volume Dennis Smith invites you to spend 40 days continuing the work God has given you while exploring a holistic view of health, the importance of caring for mind, body, and soul, and the integral role of the health message during these last days of earth's history.

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