



Ten Commandments of Lifting Weights

By Jared Zimmerer

Bezalel Books. Paperback. Book Condition: New. Paperback. 86 pages. Dimensions: 8.8in. x 5.8in. x 0.4in. At one time or another you've heard the adage, no pain, no gain. This simple but yet revealing statement brings to mind that without effort you will have no gain or have the end results you hope for. The act of suffering as revealed by Christ in His crucifixion communicates to all humanity the following point: unless we take up our cross and understand the role of redemptive suffering in our lives, we will never truly understand the free gift of grace God has given us through His Son Jesus Christ. In his book *The Ten Commandments of Lifting Weights* Jared Zimmerer deftly touches upon an area of life not often associated with living a moral virtuous life e. g. lifting weights. Jared clearly articulates to the reader the profound impact weightlifting can have in our lives when applying the basic principles of the Ten Commandments as guideposts to spiritual and physical well-being. This book is a must read for every coach, trainer, young man or woman desiring authentic, Catholic Christian principles in a weightlifting environment. - Marlon De La Torre MA, MEd. Director of Catechist...



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Reviews

Absolutely among the best book we have ever study. It is actually written in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.

-- **Kristina Rippin**

Extensive manual! It's this type of great read through. This can be for all who state there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Furman Becker V**

Other Kindle Books



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in. BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE! A charming book about a mysterious bear that shows up in the right place at just...



Aeschylus

BiblioLife. Paperback. Book Condition: New. This item is printed on demand. Paperback. 260 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. This Translation of Aeschylus, an entirely new one, is designed as an Appendix to my edition of that Poet in the Bibliotheca...



Lans Plant Readers Clubhouse Level 1

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in. This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2) for beginning readers. Two nine-book sets teach reading to children from preschool to...