



## Stretch and Pray: A Daily Discipline for Physical and Spiritual Wellness

*Murray D. Finck*

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In this book, Finck provides a step-by-step guide to forty stretches, movements, and postures to improve physical and spiritual well-being. The book features photographs and devotional reflections for individuals to use to create their own routines. While on a pilgrimage trek through Thailand, Finck discovered the benefits of daily stretching and quiet prayer. On the physical level, after only one week, the chronic back pain that had plagued him for twenty years disappeared. On a spiritual level, the poses deepened his prayer experiences.



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