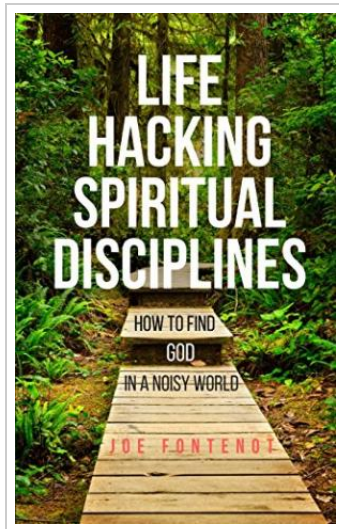




Life Hacking Spiritual Disciplines: How to Find God in a Noisy World (Paperback)

By Joe Fontenot

Five Round Rocks Media, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Joe Fontenot has tackled the issue of spiritual disciplines from a fresh perspective-applying the latest science to an age-old pursuit. He does a great job. He is easy to read, conversational. It's all straight to the point. You're going to love this book! - David Crosby, Pastor of First Baptist New Orleans and author of The Care Effect What does it take to establish a regular prayer time? Often, a crisis will do it. But what about the rest of the time-the time when life is good? This is when our prayer habits tend to wane. In Life Hacking Spiritual Disciplines Joe pulls from over 20 psychologists, neurologists, and behavioralists to describe exactly what it takes to create the habits and structure necessary to have a regular and dependable time with God. YOU WILL LEARN: - How to create a successful habit-and how to build it into your already busy schedule. - Why relying on willpower alone isn't enough to make and keep good changes. - How to leverage small changes to your diet and physical routine for...



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Reviews

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