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# The Soul Workout [Kindle Edition]: Getting and Staying Spiritually Fit

*Helen H. Moore*

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# The Soul Workout [Kindle Edition]: Getting and Staying Spiritually Fit

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**The Soul Workout [Kindle Edition]: Getting and Staying Spiritually Fit** Helen H. Moore
A thoughtful and practical guide based on the author's experiences of building her spirituality by examining (and changing) her own motives and actions in daily life in order to get and stay spiritually fit in twelve-step recovery. Those interested in becoming more spiritually fit can utilize this book and the easy-to-perform actions it presents in their everyday lives.

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