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Christian Paths to Health and Wellness 3rd. Formats: New, Used, Rent, International Author: Peter Walters; John Byl. Publisher: Human Kinetics Edition: 3rd, Third, 3e Year: 2020 Format: Looseleaf - sheets only 264 pages ISBN: 978-1-4925-9938-8 (9781492599388) ...

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Christian Paths to Health and Wellness is significantly different than most health textbooks in that it expects students to not just  $P_{age} = 5/10$ 

learn the material, but to also apply it, especially through a fitness program. In a homeschool context, it should work best for self-motivated students who are able to work through the text independently.

#### **Christian Paths to Health and Wellness**

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