

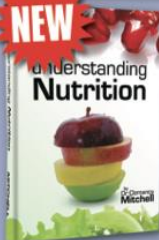


Literature Evangelist Product Catalogue



Family Health Care

NEW



Understanding Nutrition

Clemency Mitchell

How much do you know about the food you eat? Don't we owe it to ourselves and our children to know more?

Hardcover Book

Healing Wonders of Plants

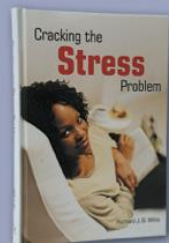
J. C. Kurian

A guide to the use of medicinal plants. These books are readable and easy to follow.

Hardcover Book



NEW



Cracking the Stress Problem

Richard J. B. Willis

Richard J. B. Willis teaches readers not just how to cope, but how to thrive. Willis addresses common stressors and shares proven strategies to help manage stress and improve quality of life.

Hardcover Book

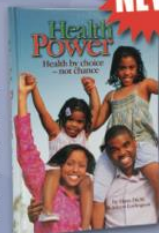
Health Power

Health by choice – not chance

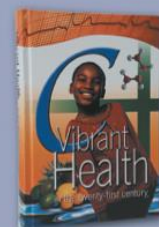
Hans Diehl & Aileen Ludington

Get ready for your second wind – a new life filled with vigor and enthusiasm.

Hardcover Book



NEW



Vibrant Health in the twenty-first century

Dr. Clemency Mitchell

Vibrant Health is a comprehensive guide to health for all the family. It covers everything from back pain to pregnancy, smoking to AIDS, baby care to correct breathing, and whole foods to weight control.

Hardcover Book

Home Health Care

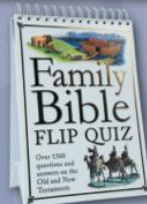
Richard J. B. Willis & John M. Wilby

Simple measures for emergencies in the home.

Hardcover Book



Spiritual Wellbeing



Family Bible Flip Quiz

Over 1,500 questions and answers on the Old and New Testaments.

Hardcover Book

The Family Bible



God can when you cannot

A Spirit-filled Devotional of thoughts and prayers, written by ordinary women of God.

Hardback

Revelation of things to come

This vital book describes itself as 'the Revelation of Jesus Christ', and He is certainly its central figure.

Hardback



Daniel reveals the future

with the help of Robert J. Wieland, we can understand Daniel's prophecies more clearly than ever before.

Hardback

NEW

God's Wonderful World Calendar 2014

Twelve stunning pictures from around the world with devotional readings.

Paperback



Distributor's Address



Lifestyle Books



The Stanborough Press Ltd

Alma Park, Grantham, Lincolnshire,

NG31 9SL, England.

Tel. 01476 591700

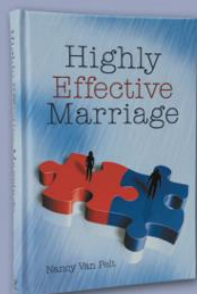
Contact: Elisabeth Sangüesa

Mobile: +3468 2739408, +44 7715 490196

email: esanguesa@stanboroughpress.org.uk

www.stanboroughpress.org.uk

Family Life



Highly Effective Marriage

Nancy Van Pelt

If you long for marital intimacy, tenderness, and respect, or just need a 100,000-mile marital tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.

Hardcover Book

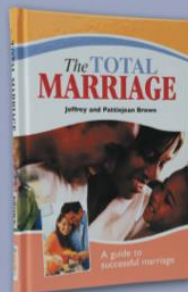
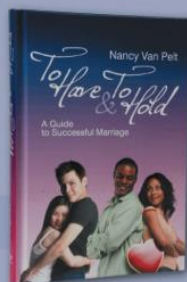
To Have and To Hold

Nancy Van Pelt

This book is aimed at three groups:

- Young couples who are preparing for marriage
- The average couple looking to enliven their marriage and experience unrecognised possibilities
- Couples either experiencing problems or caught in the bind of an as-yet unfulfilled relationship.

Hardcover Book



The Total Marriage

Jeffrey and Pattiejean Brown

Singles often ask, 'How can I be with the one I love?' Married people sometimes ask, 'How can I love the one I'm with?'

Hardcover Book

The Family Book

Karen Holford

This resource book offers creative ideas and guidelines for becoming a grace-filled family, and provides inspiration and support on such parenting topics as preparing a child for life, helping teens handle sexual pressure, dealing with a death in the family, and much more.

Hardcover Book



Young Adults



Smart Love

Nancy Van Pelt

Anyone can date, but not just anyone can date and be successful or smart about it. Smart dating requires more than cash, cars and clothes. There are a lot of finer points to learn so you can handle all the emotional aspects of dating as well as the pressure. Fasten your seatbelts for Nancy's special brand of straight-talk delivered with no sugar coating or reservations.

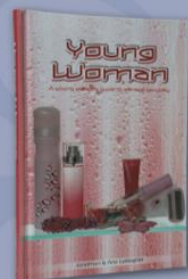
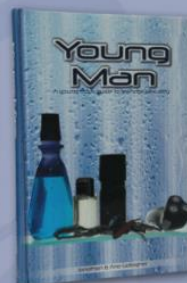
Hardcover Book

Young Man

Jonathan and Ana Gallagher

How should a Christian boy relate to sexual issues such as: How do I choose? What about sex before marriage? What are the risks? What are the rights and wrongs? How is God involved? A frank discussion of teenage sexuality.

Hardcover Book



Young Woman

Jonathan and Ana Gallagher

How should a Christian girl relate to sexual issues such as: choosing a mate, sex before marriage and the risks involved, the rights and wrongs involved, and how God is involved? A frank discussion of teenage sexuality.

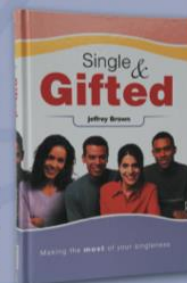
Hardcover Book

Single & Gifted

Jeffrey Brown

This book covers topics such as how to survive as a single, sex and the single person, navigating the minefield of relationships, how to turn singleness to your advantage, and surviving as a single parent.

Hardcover Book



Parenting



The Smart Parent

Nancy Van Pelt

How clueless can some parents be? Yet occasionally we still get a glimpse of a few successful, happy parents who seem especially good at handling their children. Ever wonder how they do it?

Hardcover Book

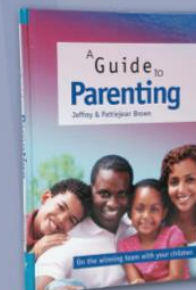
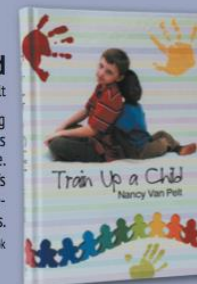
Train Up a Child

Nancy Van Pelt

In this comprehensive guide to good parenting you will discover a wealth of insights and ideas for creating healthy, confident people.

No one ever said parenting was easy, but it's never too late to start making positive improvements.

Hardcover Book

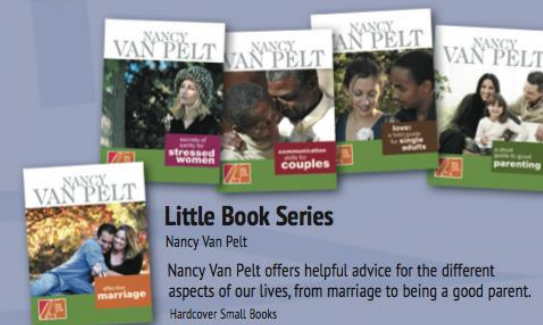


A Guide to Parenting

Jeffrey and Pattiejean Brown

This book is for children, young people, and the parents, pastors and teachers who love them.

Hardcover Book



Little Book Series

Nancy Van Pelt

Nancy Van Pelt offers helpful advice for the different aspects of our lives, from marriage to being a good parent.

Hardcover Small Books



New Titles 2020–2021

Cooking With Kids

NEW

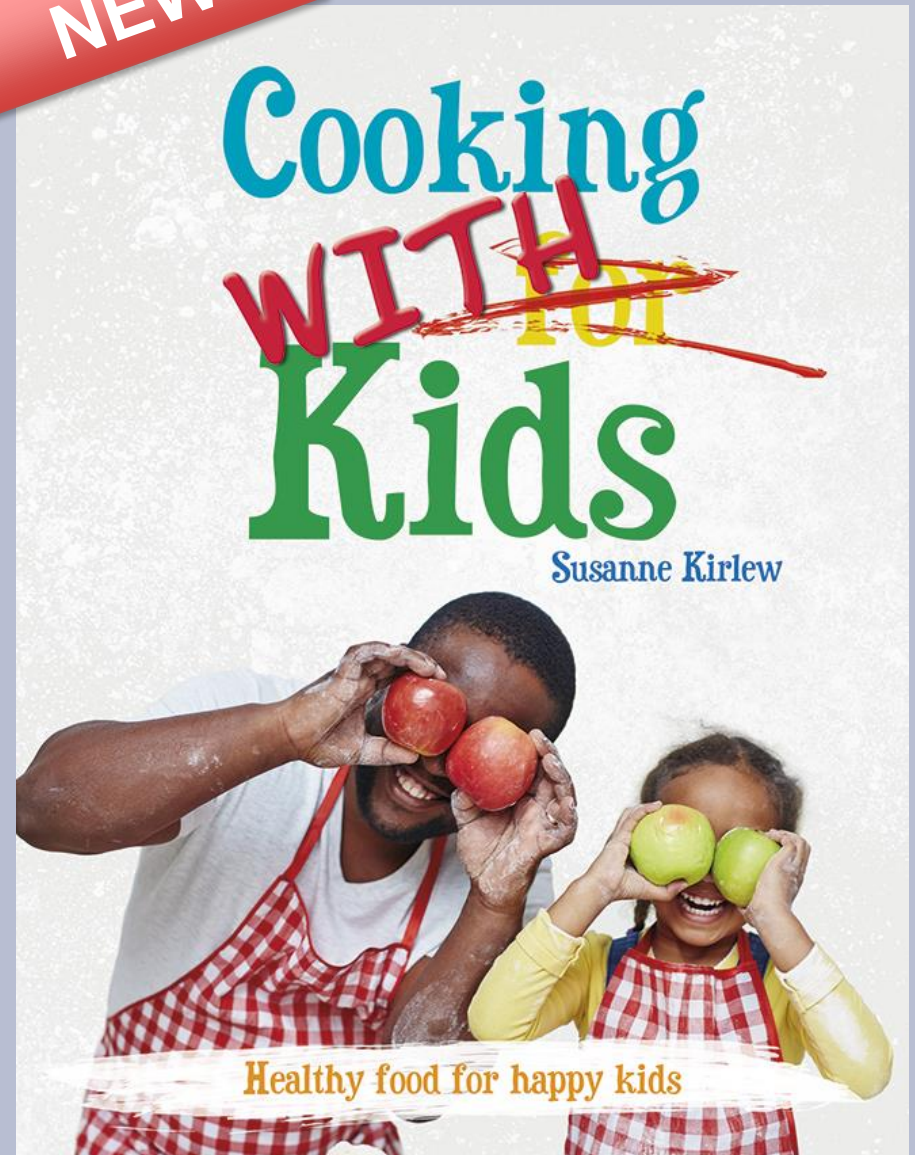
Eating healthily is something we must learn from an early age.

Many studies show that if children eat well in the morning they perform better at school and in the later lives.

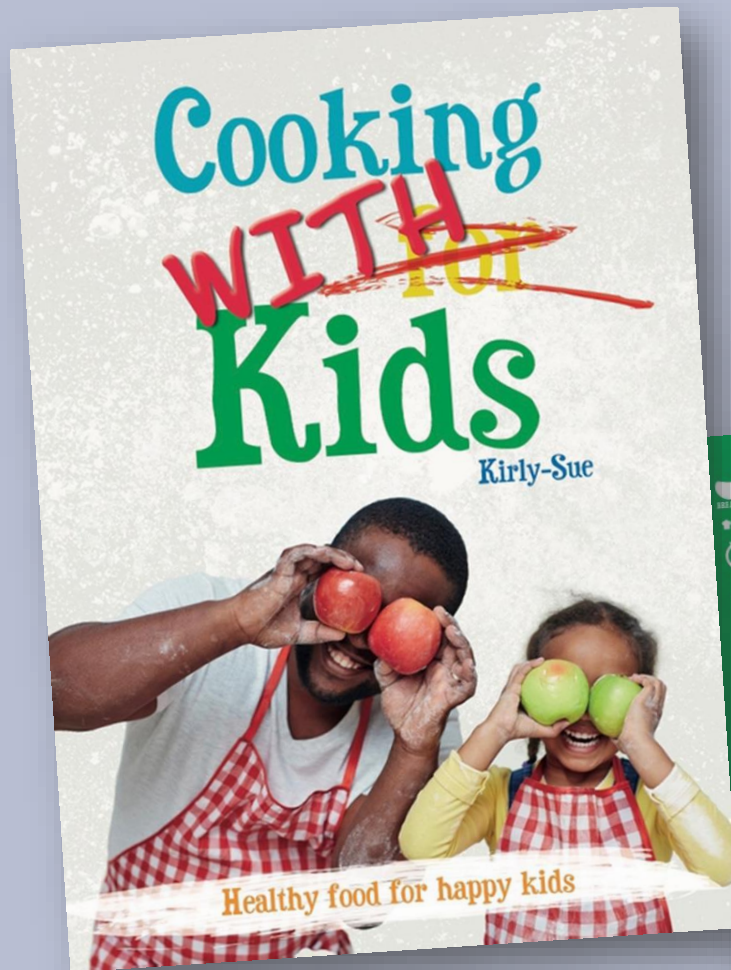
It is essential that our children have a healthy diet, so why shouldn't they have fun preparing their food?

Cooking With Kids features more than 70 recipes for breakfast, lunch, supper, snacks and lunch boxes....even if you are in a hurry!

Help your children get a better start in life and introduce them to the joy of healthy cooking!



Cooking With Kids



At last – a child-friendly vegetarian cookbook that will make it exciting to help Mum and Dad in the kitchen! Your little ones will gain healthy cooking and eating habits for life.

My Cloth Bible

NEW



These new cloth Bibles are fun, soft and perfect for small hands. The messages in these books are all about love and care. Suitable for children age 0-2.

Splash and See Bath Bible

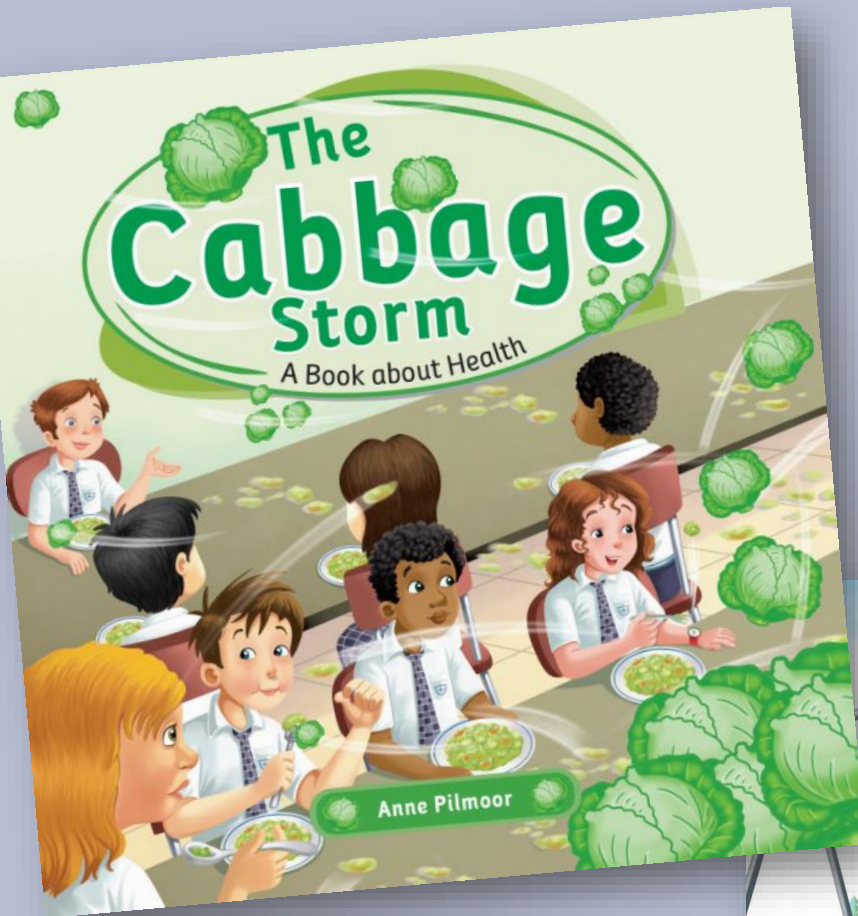
NEW



This new bath Bible features of color changing pages. Part of the illustrations are hidden behind a frosted white layer. Only when water is applied is the full image revealed. After a while, the colors shift back to white. This makes for plenty of bath time fun, especially for the intended age group of children age 1-2.



The Cabbage Storm



Meet Jack and Julia! They are twins who used to hate eating their vegetables, especially cabbages. Then one day, while eating lunch at school, Julia caused pieces of cabbage to fly everywhere... and that's when their journey of health discovery started!



Jack and Julia were twins, but their birthdays were not on the same day. Jack was born at three minutes to midnight on 21 October, and Julia arrived six minutes later at three minutes past midnight on 22 October. How amazing is that!

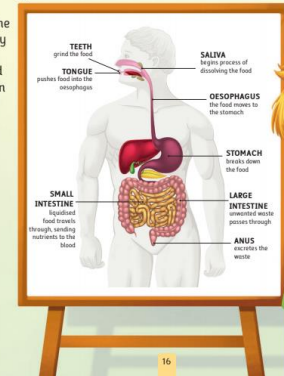
Jack and Julia were very close. They did everything together. They played together. They shared the same friends. They liked the same things, and they disliked the same things, too.

Turn the page and join them on their journey to healthful living.

3 Food, Glorious Food: A Visit to Mary, the Nutritionist

The twins had never visited a nutritionist before. Mary told them that a nutritionist helps people to understand what is in their food. She helps them to work out the best foods and the healthiest portion sizes for them. People often come to her because they don't feel well. She sees what they eat and then helps them to make healthy changes. After a few weeks they have a healthy glow.

Mary drew a diagram of all the parts of the body that help it to process the food we eat to explain how it works.

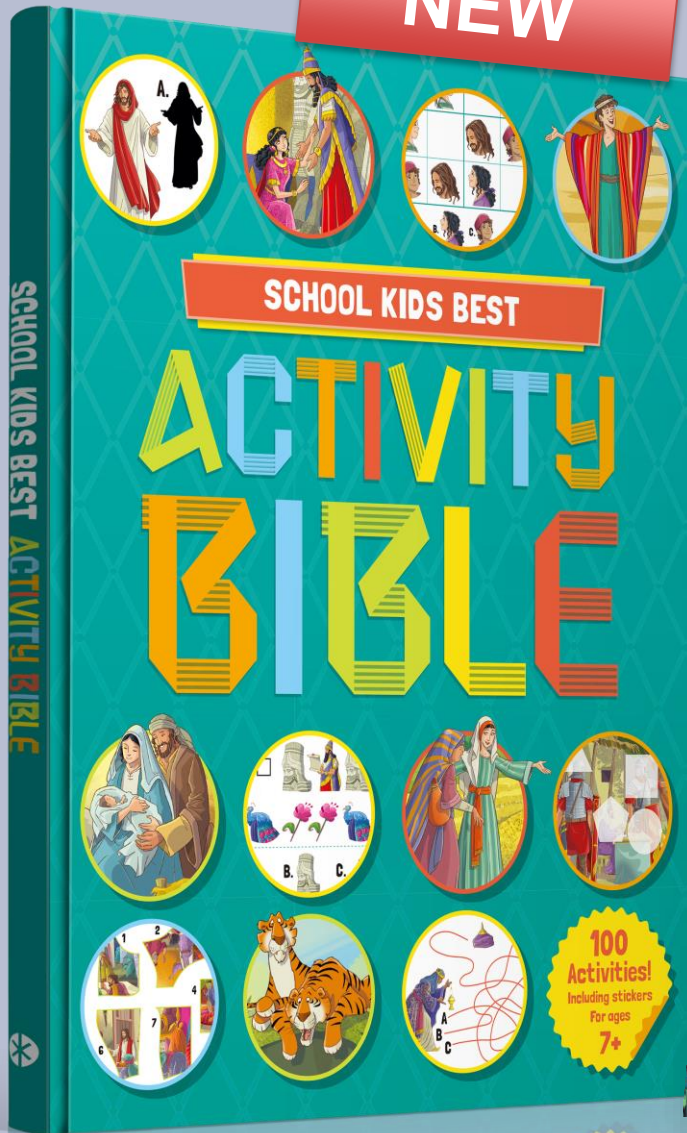


School Kids Best Activity Bible

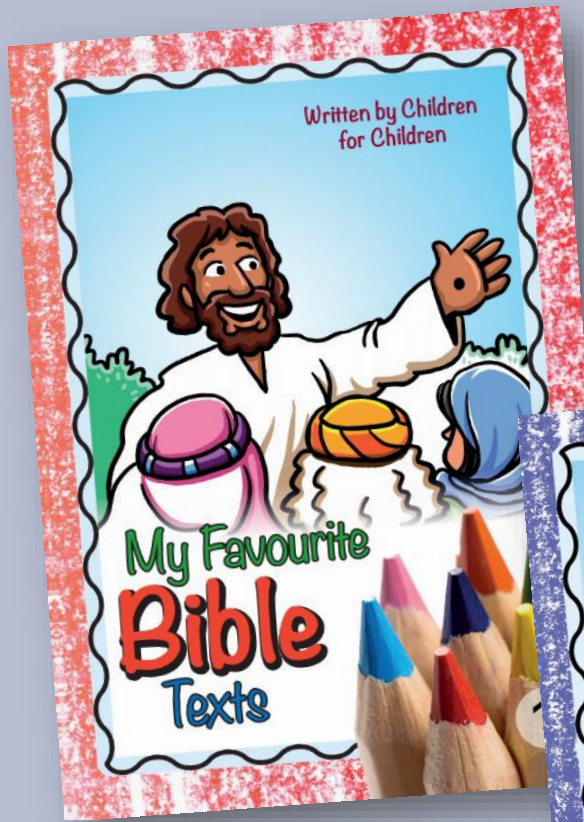
NEW

This new Bible activity book has more than 100 activities including word searches, puzzles, crosswords, and other entertaining and challenging games, combined with 17 beloved Bible stories.

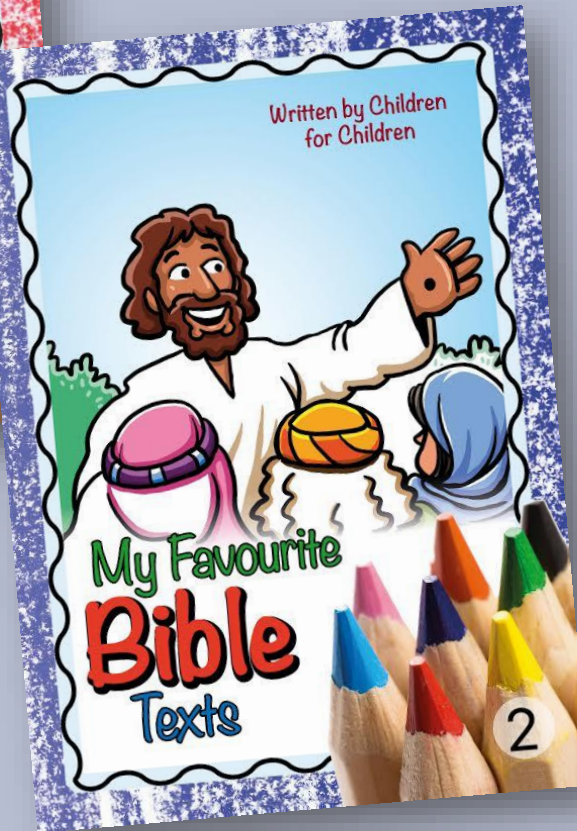
These books also come with stickers to be used in some of the games.



My Favourite Bible Texts Colouring Book 1 & 2



NEW



Following on from our popular series of Colouring Books, these two new titles feature multiple Bible verses chosen and explained by children, for children.

Along with corresponding line art pictures to colour in, they will be able to write in their own words what those texts mean to them.

Bible Stories for Little Ones



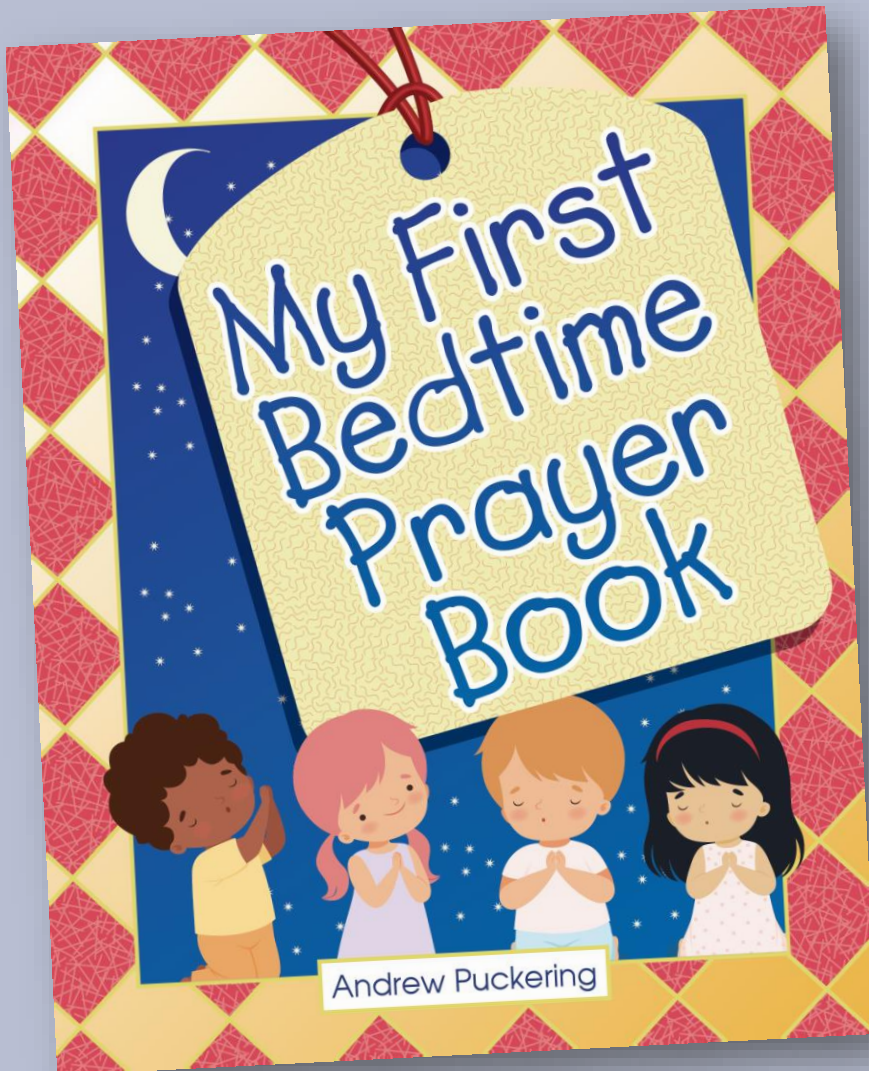
Little ones need clear, concise text in order to stay concentrated and understand the message. Therefore, we have captured the very essence of each Bible story and told it in easy to understand language. Featuring a die-cut handle and shaped tabs on the pages.

My First Bedtime Prayer Book

NEW

There can be few more vital things a parent can do for their children than to teach them how to pray.

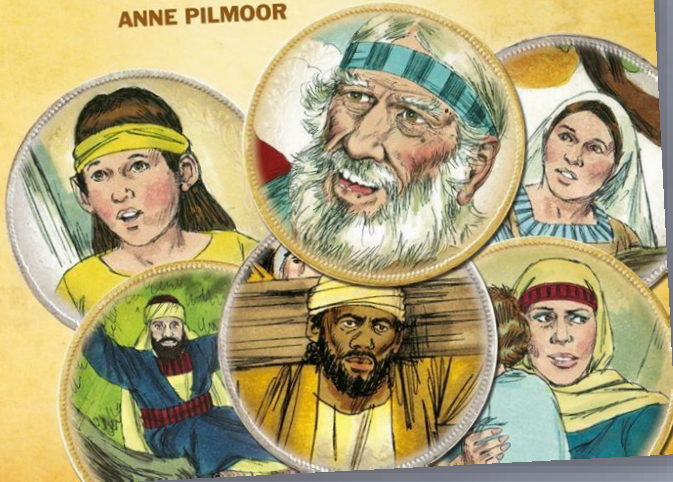
Written by a committed Christian and father of two, My First Bedtime Prayer Book contains short and simple prayers written from a child's point of view to encourage young children to respond to God for themselves, each with a Bible verse from a child-friendly translation and a short rhyming couplet reinforcing the main theme of the prayer.



NEW

24 Bible characters
who achieved **great** things

ANNE PILMOOR



Learn how some of the lesser-known Bible characters demonstrated courage in tough times. Discover how courage presents itself in many different ways. May this wonderful stories inspire your own children to be God's Champions too!!

Stories of Virtues & Values

NEW

Stories of Virtues and Values

Renee Joseph



These fantastically written stories will keep younger and older children alike engaged as they put themselves in the characters' shoes and experience their dilemmas – but these are more than just entertaining stories for your children.

They also contain powerful truths that will impact their lives for the better, helping them to learn about faith, prayer, sharing, and other important Christian virtues and character traits.

Women of Virtue

NEW

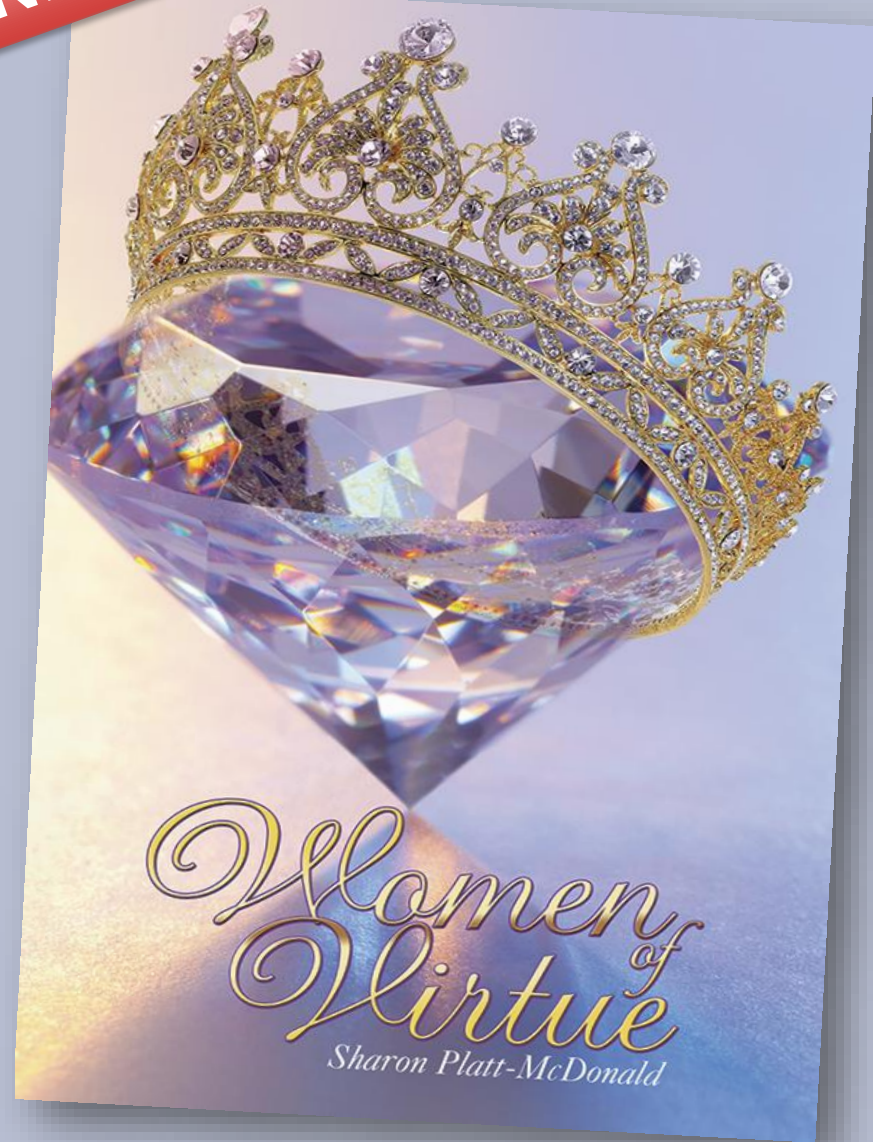
Women today are facing some big challenges: work, home life, image, violence, love, marriage, etc....

But these challenges are not new!
They already were around during Bible times.

In this book history and present situations are linked together.

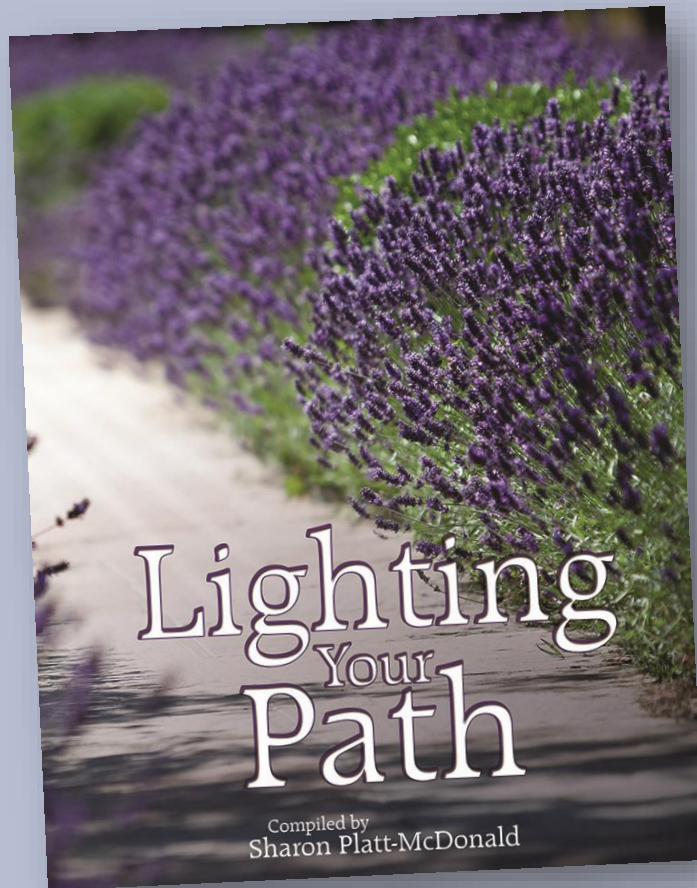
What are the virtues that a modern woman needs to have? Are they any different from what the Bibles teaches?

Find out how to be a woman of virtue today despite the challenges.



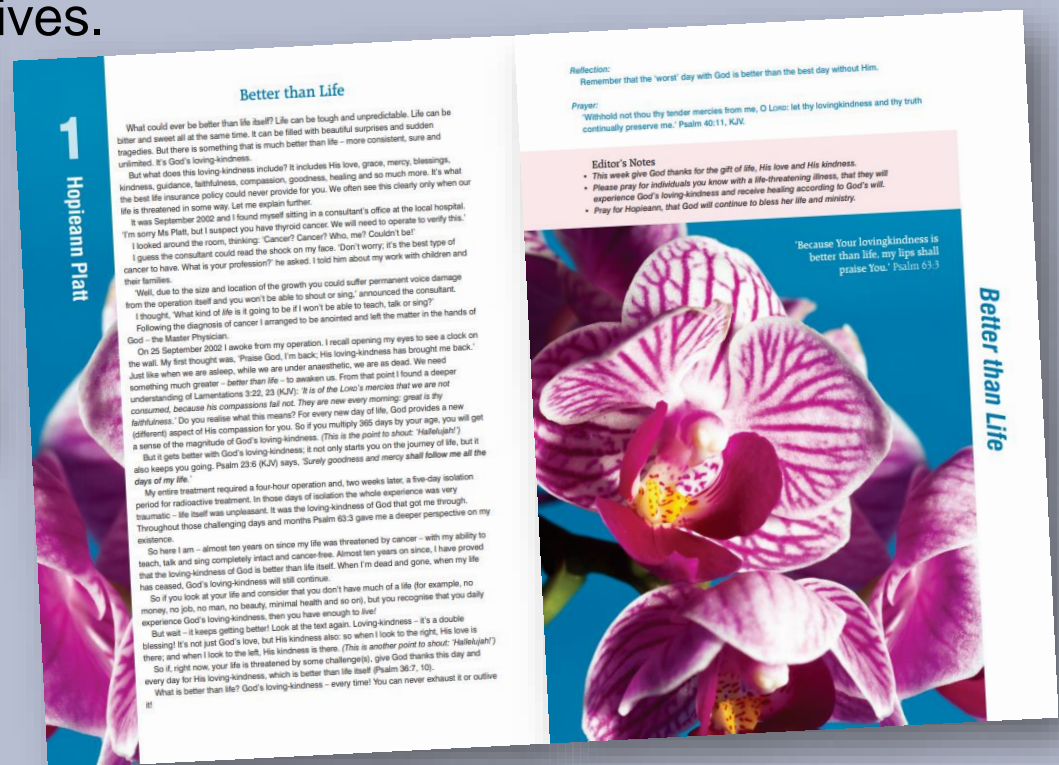
Women of Virtue by Sharon Platt-McDonald

Lighting Your Path



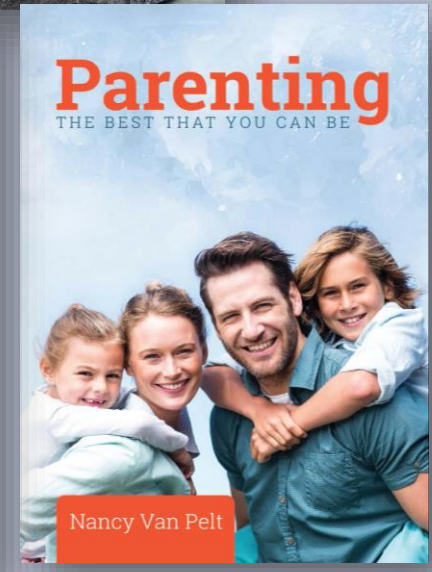
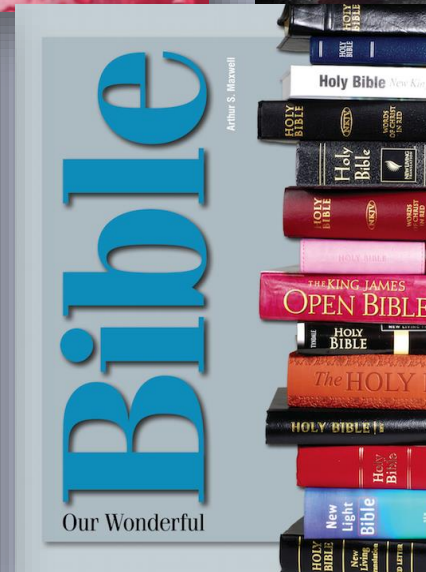
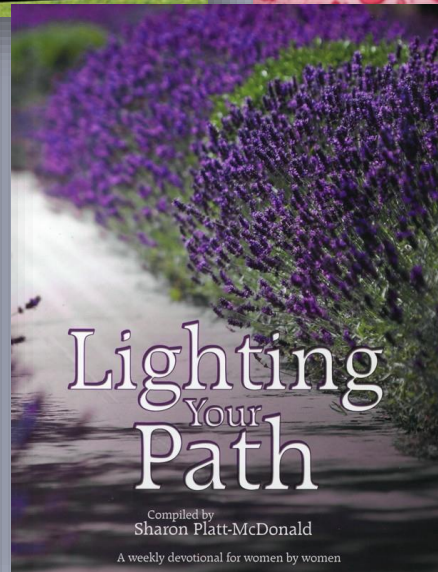
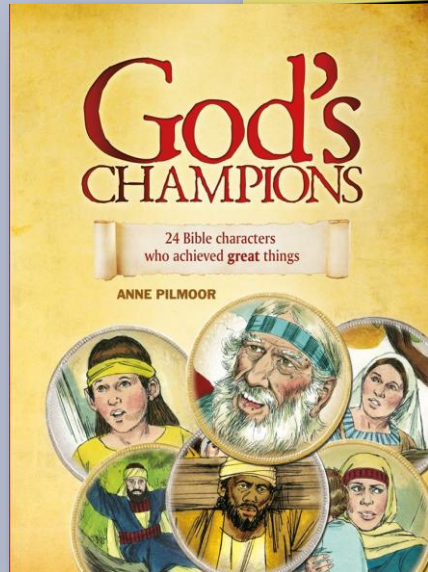
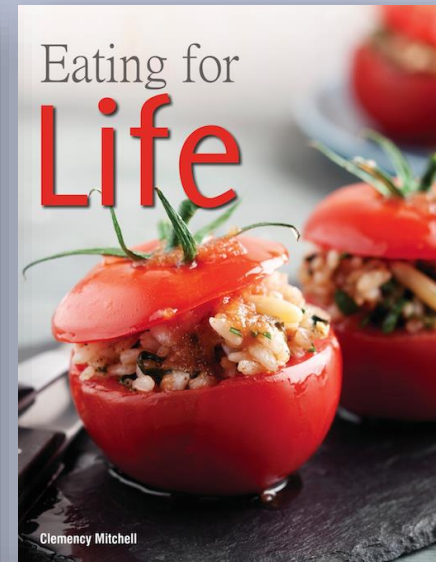
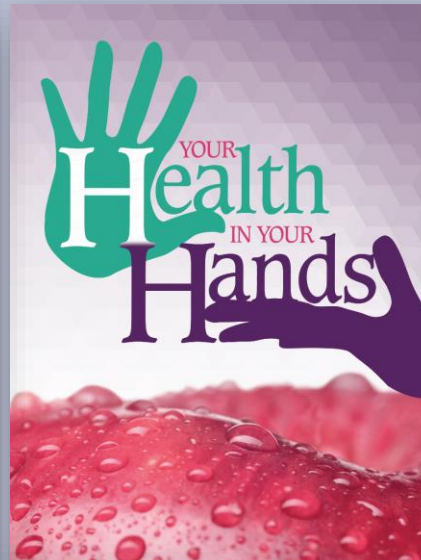
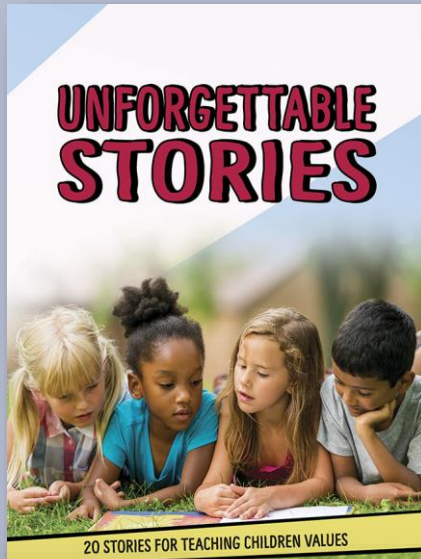
NEW

Lighting Your Path is a compilation of devotions comprising the life stories of women from varied backgrounds in the British Isles. Follow their devotional thoughts as they take you on their journey of discovery to a deeper walk with God, forged through the changing scenes of their lives.



Lighting Your Path Devotional Magabook by Sharon Platt-McDonald

Magabooks



Women in the Bible ...and Me 2 (Colouring book)

Colouring book



Women in the Bible ...and Me 2



NEW

Features thought-provoking studies and Bible readings throughout.

Written by women in leadership from several countries and cultures, the issues they address are very relevant to every society.

Sarah

Faithful Wife and Matriarch

Her name means 'Princess'.

Key Scriptures: Genesis 15; 16; 18; 21

Introduction

Sarah left the security of Ur, faithfully following Abraham over 12 years of travels, recorded in Genesis chapters 12-23. Being the wife of a semi-nomadic shepherd could not have been easy. An additional challenge was Sarah's childlessness – viewed extremely negatively in biblical times.

We learn from Sarah that life can be unpredictable and unsettling; yet God always directs our steps if we follow Him faithfully, no matter how long and hard the journey. Even when we experience crushing disappointments, God is with us. He is also the God of surprises, as we see Sarah's hopes finally fulfilled with the promised child, well past childbearing age; a miracle indeed! She became the mother of nations.

A key lesson is the importance of waiting on God to fulfil His plans in His way. When we stop in to 'help God out', we create problems. Even so, God will still bless us.

Discover

- Her place in Scripture
- Her challenges and triumphs
- Her life lessons

Going Deeper

1. In Genesis 15:1-6, Sarah's husband – Abraham – converses with God and receives a promise of a son. Notice that Abraham does not refer to Sarah's childlessness directly, but instead, in verse 2, refers to himself as childless. Do you think Abraham was protecting Sarah?
2. In verse 3, Abraham does not blame Sarah, but points to God being responsible for not giving him a son. What does this say to us, as women, about God being sovereign?
3. After God's declaration to Abraham that he would father a child, 10 years passed, and the Scripture suggests that disappointment and impatience had set in. Discuss Sarah's actions in Genesis 16:1-3.
4. Read verses 4-6. What do you think of Sarah's discussion with Abraham and her treatment of Hagar?
5. Genesis 18 gives the account of 'heavenly visitors'. Discuss verses 9-15. Note Sarah's response. How would you have responded?
6. Read Genesis 21:1-7, recording the miracle birth of Isaac, and imagine Sarah's joy.
7. Verses 8-21 record the second conflict between Sarah and Hagar, and the outcome. Discuss.

Words for Today

1. Have you ever been promised something significant from a source you really trusted, but not received it? How did that make you feel?
2. How can you still trust God, even when you experience the crushing weight of disappointment over a cherished desire that now appears futile?
3. Think of a time when you made a decision that had negative consequences. Explain how you felt. Describe how that incident impacted your relationship with God.

Questions for Discussion

1. How would you support a woman desperately wanting a child, but unable to have her own?
2. Today, many women seek different ways to have children. How would you advise someone seeking to have a baby via surrogacy?

Words of Wisdom

Imagine what it was like for Sarah to desperately want a child and not be able to have one. Seeing other women, including her maid, become pregnant readily would undoubtedly have dented her self-esteem further and magnified her insecurities. Maybe there have been times when you saw others receiving what you felt you deserved too, but didn't get. Trust that God, in His love, knows best and is still working in your life. Psalm 138:8 says, 'The Lord will fulfil his purpose for me; your steadfast love, O Lord, endures for ever.' (ESV-UK)

When we settle for an 'is-when' when God has promised us an 'Isaac', the consequences are far-reaching and sometimes irrevocable. God's ways always produce the best results.

My Prayer for Today

Father, You know my anxious thoughts and impatient actions. Help me to learn how to wait for Your timing, even when I hope as though You are not coming through for me. Remind me of Your unexpected surprises, and quiet my heart in Your love. Amen.

Sharing

There is a Sarah in all of us. When we feel we have waited beyond the expected time for answers to our prayers, we have a tendency to try and make things happen that are

out of our control. Those decisions usually end in tears or lead to disaster. Psalm 27:14 reminds us about God's perfect timing – 'Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!' (ESV-UK) Reflect on the actions of Sarah. Think of a woman you

know who is struggling with God's timing for something significant in her life, and commit to cover her in prayer. Ask God to strengthen her as she learns to wait on Him.

Sharon Peat-McDonnell, Women's Ministries Director
Bristol Women's Conference



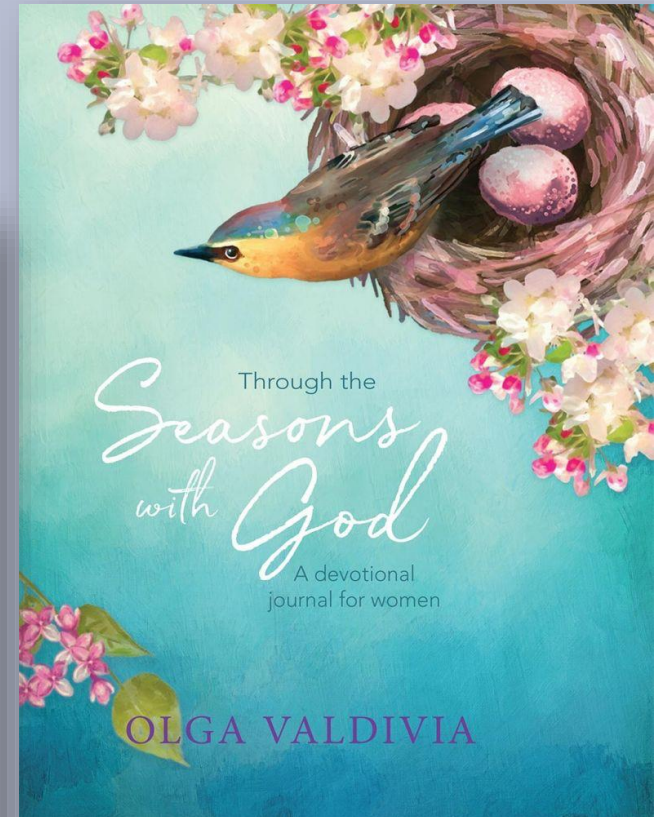
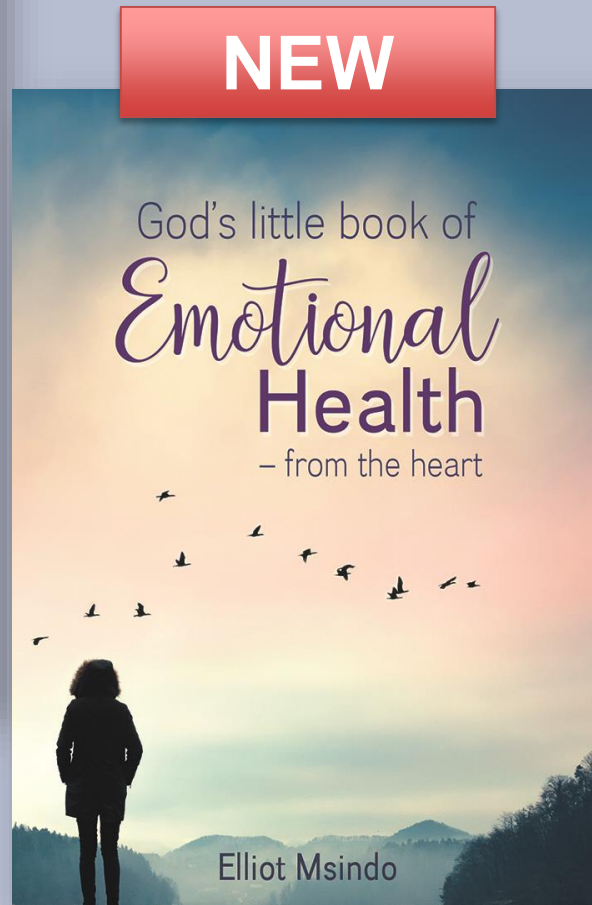
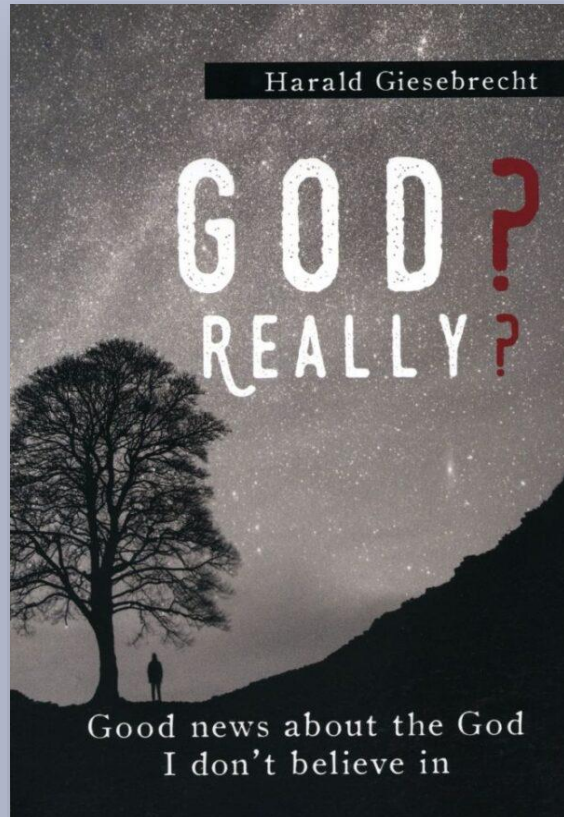
God's Wonderful World Devotional Calendar

NEW

God's Wonderful World

2021
Devotional

Church Resources



Connected: Marriage Devotional

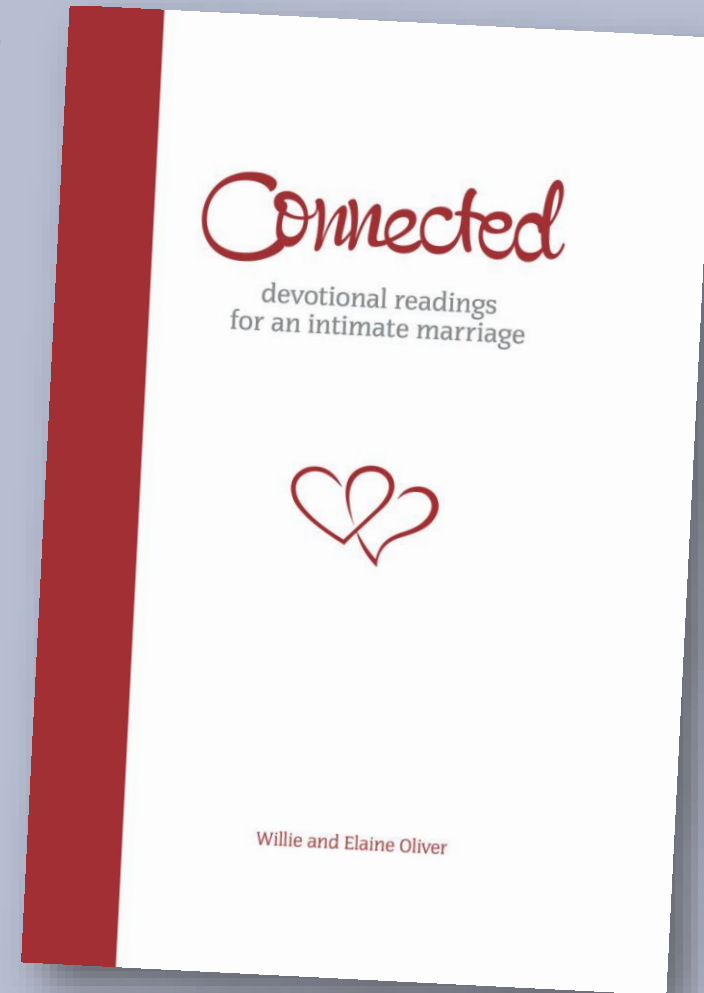
NEW

Imagine if you could take your marriage up to the next level. What if it were possible to go from a relationship that survives to one that thrives?

What if there were a way to strengthen your commitment to each other? What if better communication could create greater trust? And, best of all, what if grace could help you see the best in your spouse?

In Connected: Devotions for an intimate marriage, Dr Willie and Dr Elaine Oliver share over 35 years of marriage experience, growing together, learning from each other, and rearing children.

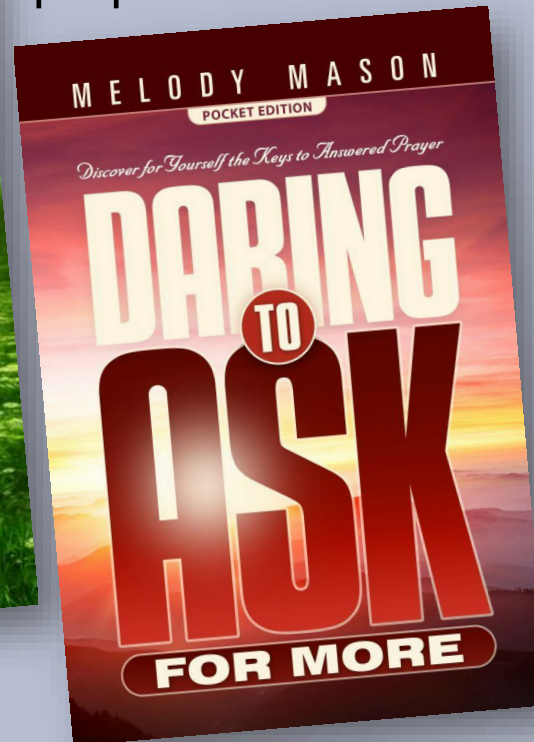
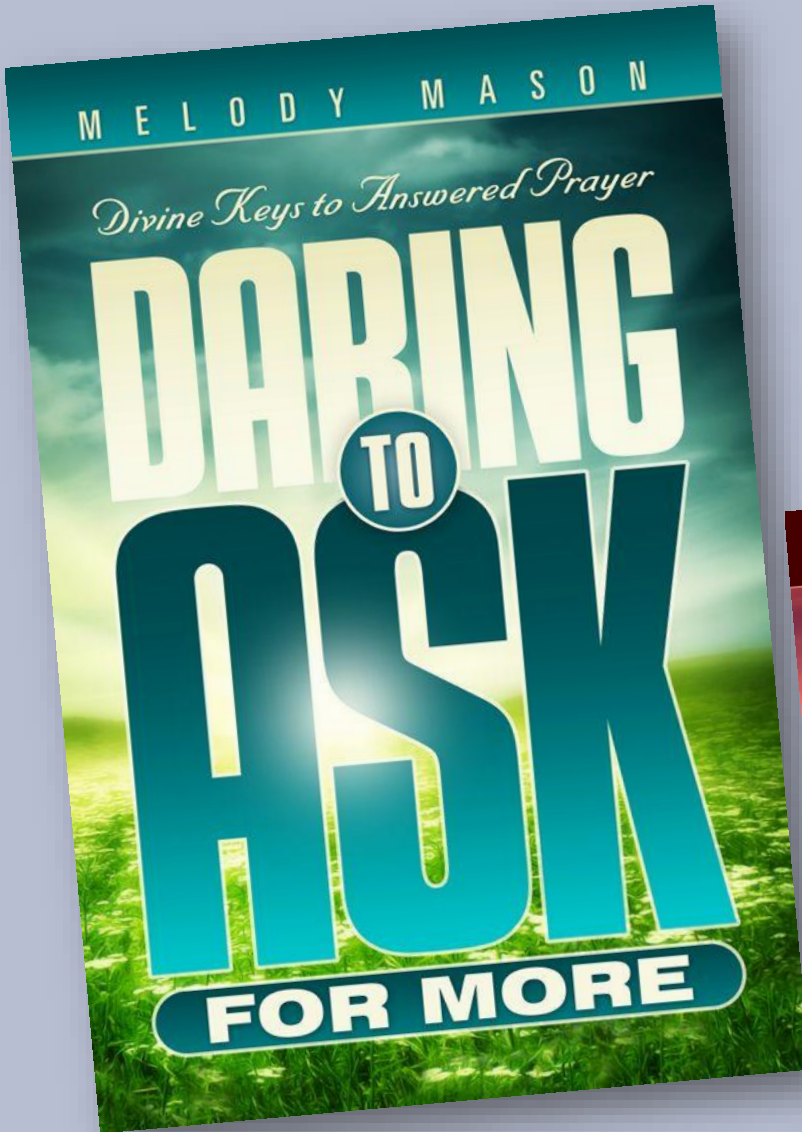
With 52 devotional reflections, there's a thought for each week of the year, specifically designed to help couples to pause (reflect on the ideas shared), pray (about the ideas shared and how they relate to their experience) and then choose (determine to experience change together).



Daring to Ask for More

Less talk, more prayer

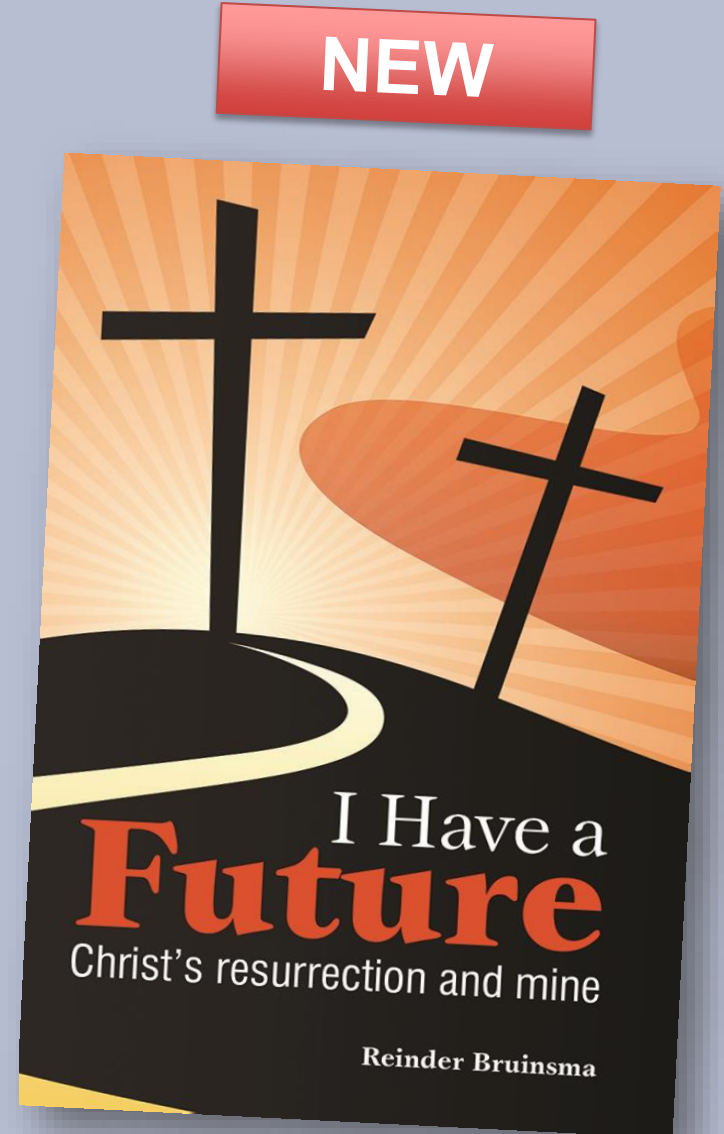
Wherever you find yourself in your spiritual journey, whether you are a seeker, a churchgoer, or just testing the waters of belief in the God of the Bible, this book will inspire and challenge you to a life of faith and purpose.



Sharing Edition
also available!

I Have a Future

There is hope for you. You may have questions about the injustice of God; about life after death; about the reality of the resurrection; or about the fires of hell. These questions are natural... but in the Bible we have some good news. God loves us, and He is preparing a home for us.



He Comes

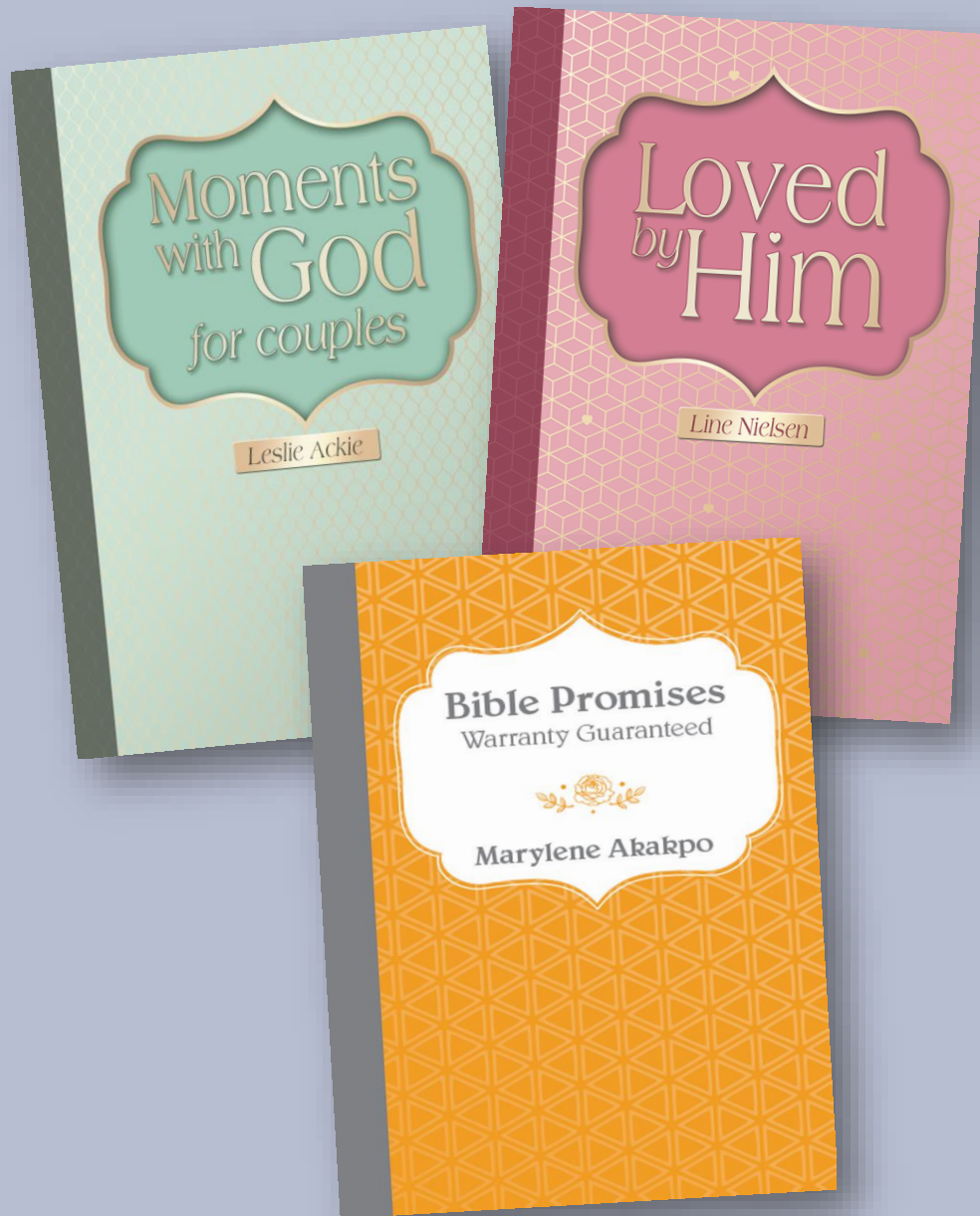


NEW

This faith-affirming book on the Second Coming from Dr Reinder Bruinsma makes a wonderful companion to his book on the resurrection, *I Have a Future*.

While many books on the Second Coming focus on the time of trouble, a likely timeline of end-time events, and the identity of the persecuting powers, Bruinsma takes a close look at the fundamentals – at the fact that Jesus is coming back for us.

Hardcover Gift Book Series



NEW

A matching set of three beautifully presented compact hardcover books. Be inspired by the abundant, overflowing and energising love of God, as found in His Holy scripture.

Be revitalised by an increased knowledge of God's love and promises to you today.

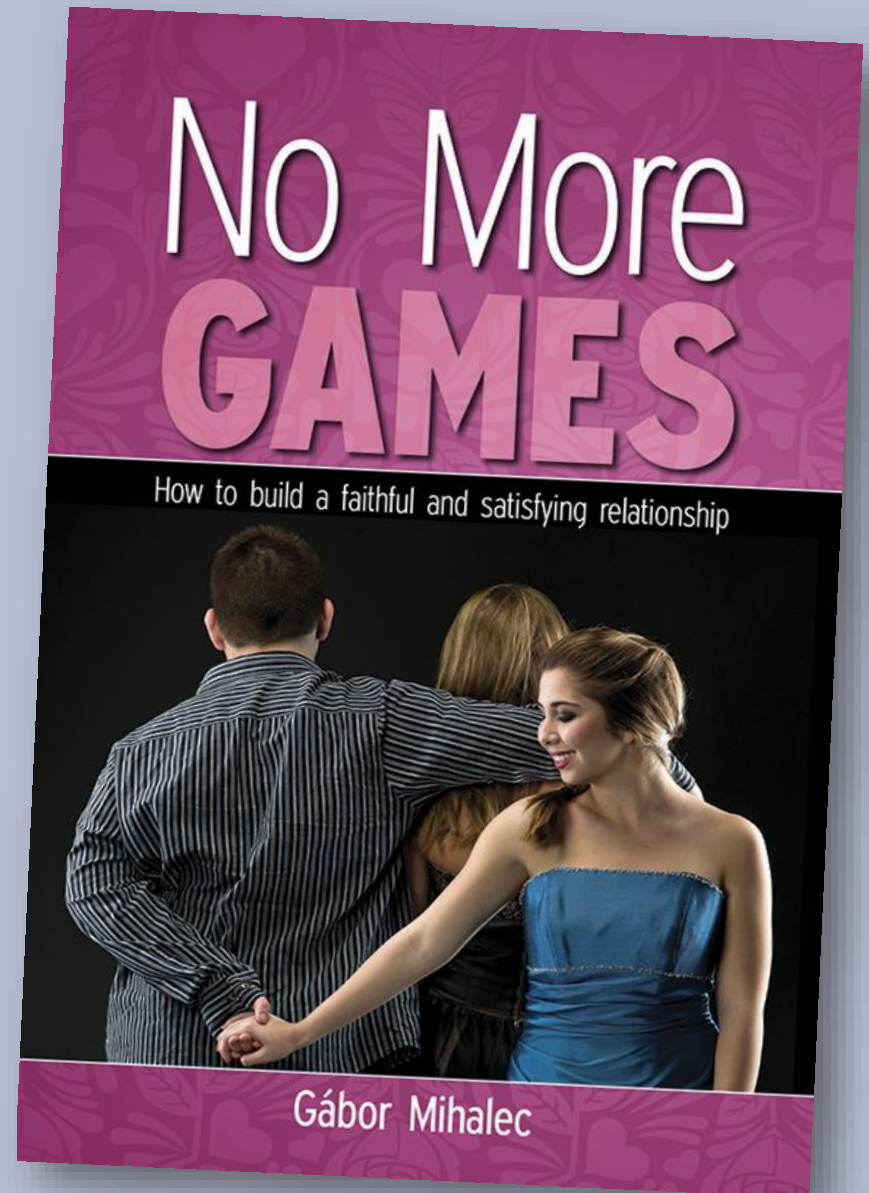
No More Games

Relationships are never easy and we must work hard to make sure that nothing interferes with our families.

Infidelity is always a difficult issue to talk about but unfortunately it is a very real issue and that is why this book is so timely.

There are many books that talk about how to deal with infidelity after it happens but what makes this book different is that it presents tips on how to prevent infidelity!

This book is a must for every family.





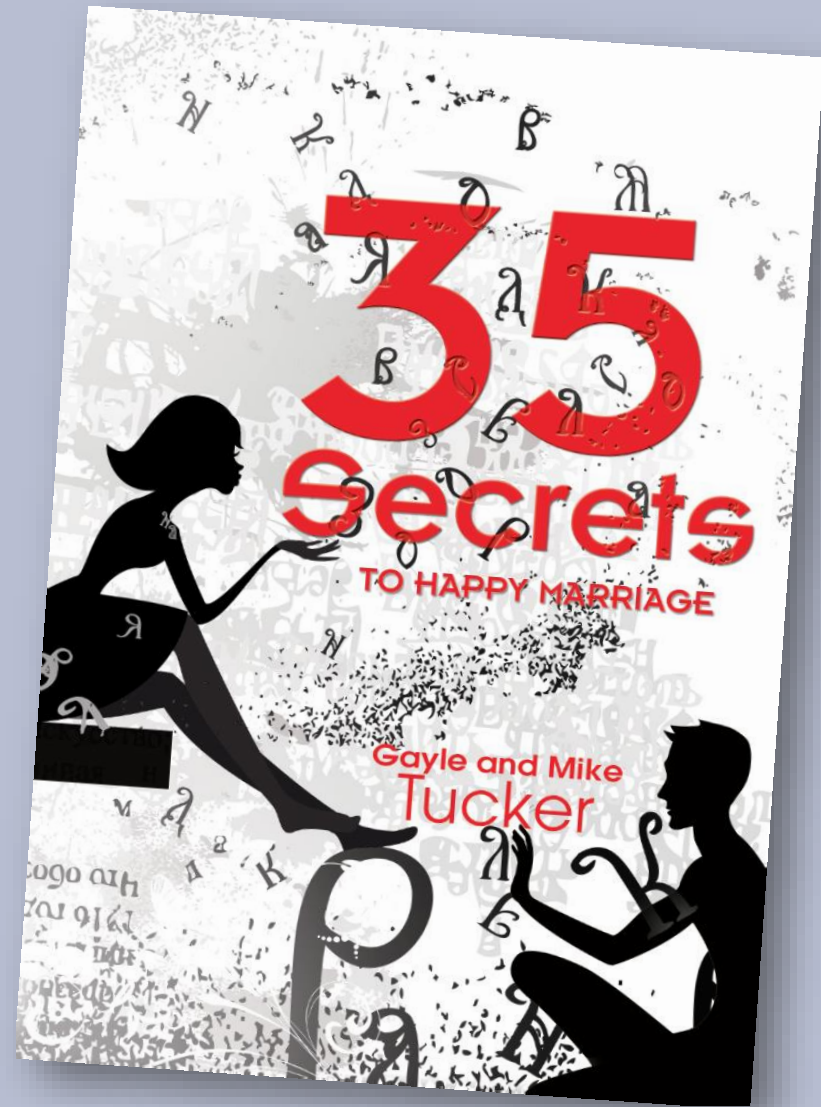
Hardback Subscription Books

35 Secrets to Happy Marriage

Do you have a 'secret' for your marriage?

The word 'secrets' has more than one meaning. One of these meanings refers to those tried and tested methods of achieving or maintaining something. These 'secrets' are the things we wish everyone knew so that their lives would be happier and less hassled.

This book has been written to share with you a set of 'secrets' that will make your marriage relationship both happy and successful. In it you will not only discover what we call the guiding principles of marriage, but also 35 pithy mottoes through which various couples have enriched their relationships.



35 Secrets to Happy Marriage

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Answers 140

35 Secrets to Happy Marriage

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1 DECISION



If a relationship is to pass the test of time, both parties must make **positive choices daily**. We must decide to do that which is in our partner's best interest and choose to do the right thing for the marriage.

While love is important to every relationship, love is often reduced to mere emotion. Emotions come and go and are difficult to trust over time. But true love, or shall we say mature love, is about our decisions.

35 Secrets to Happy Marriage

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FOREWORD

THE word “secrets” has more than one meaning depending on how you use it. One of the most common uses refers to matters that are definitely not to be revealed. For example, when describing information that should only be shared by an elite group in government or the military we will speak of “state secrets.” The word can also be used to describe something that we are entitled to know but don’t yet fully understand, such as why domestic cats purr or why exactly we yawn. We call such things the “secrets of nature.”

Then there are the “secrets” that this book is all about: those tried and tested methods of achieving or maintaining something. These “secrets” are the things we wish everyone knew so that their lives would be happier and less hassled.

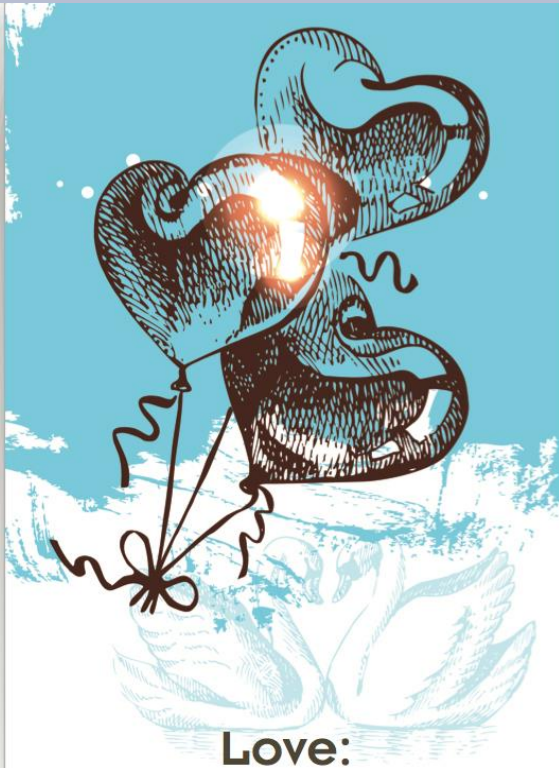
Having said that, this book was written to share that third set of “secrets” with you – the ones that will make your marriage relationship both happy and successful. In it you will not only discover what we call the guiding principles of marriage, but also 35 pithy mottoes through which various couples have enriched their relationships.

Guiding principles, mottoes and slogans – these are among the terms we will use interchangeably

35 Secrets to Happy Marriage

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35 SECRETS FOR SUCCESSFUL AND HAPPY MARRIAGES



Love: A Simple Emotion?

According to author Lewis B. Smedes, love is a choice. What does this actually mean in practice? It means that every day I have to choose

- ▶▶ To do or say that which is in the best interest of my mate.
- ▶▶ To be in the relationship for the long haul.
- ▶▶ To find solutions to problems.
- ▶▶ To do the loving thing (because true love really is a choice).

*We can **decide** to love!*

Below are examples of possible mottoes that remind us of the importance of “deciding” to love our spouse.

“I Will Never Intentionally Hurt You”

(Mike and Gayle Tucker)



WE HAVE a motto for our marriage. We didn’t begin with this as a motto. It developed through the years—in part, due to a dysfunction that I (Mike) exhibited in our marriage. In order to tell you about the motto, I will first describe the dysfunction that gave birth to it.

Dr. Scott M. Stanley and Dr. Howard J. Markman of the University of Denver have done a great deal of research on communication patterns that threaten the happiness and success of marriage. They have identified four **negative patterns of communication** that serve as very reliable predictors of divorce (see the text box on page 20).

One of these patterns is called **negative interpretation**. Negative interpretation occurs when something is said, and **the listener interprets** the comment **negatively**. Since the intent of the speaker may have actually been neutral or even positive, the listener must **“mind read”** in order to derive something negative. This becomes very destructive of the marriage.

I was guilty of some negative interpretation early in our marriage. For a lot of people, negative interpretation springs from a fear that they are not worthy of genuine love or that they are likely to be rejected. I had those fears—fears that had been fed by previous life experiences—and those fears were on display in my marriage.

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▶▶ 1. DECISION

For a lot of people, negative interpretation springs from a fear that they are not worthy of genuine love or that they are likely to be rejected.

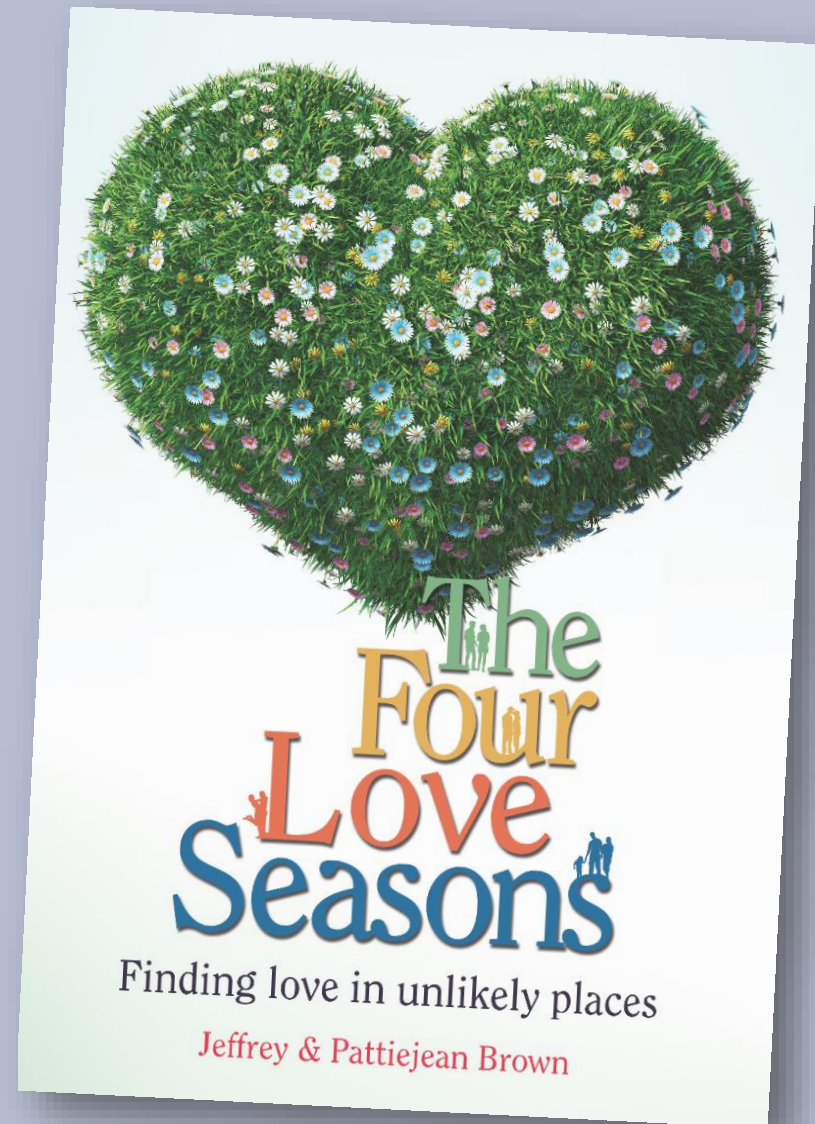
The Four Love Seasons

**Finding love in unlikely places
Is success in Love possible?**

“My marriage didn't work out. I don't know what happened'. [...] Will the next man be different? Does the next person need to be different or do I need to be different? Do they need to change, or do I? Is it possible to find love right where you are? Even in the unlikeliest of places? If you find it, what will it look like?”

Experience shows that preparation makes success possible so this books is ideal for:

- Singles,
- Those who are Dating,
- Newly weds
- Established couples



Authors: Dr Jeffrey and Pattiejean Brown

The Four Love Seasons



Chapter one

Beginning the journey – admire, assess, and adjust

'My marriage didn't work out.' He said this as he rifled through my luggage. 'I don't know what happened.' He couldn't believe what had happened – I couldn't believe what was happening. All I had was some flimsy carry-on luggage, yet the customs official had pulled me over – searching for drugs, or something. When he saw my book on marriage he felt impressed to share his burdens with me, while imposing a burden on me. I had one ear on him and one eye on my luggage. 'I pray for her, though,' he continued. 'And I pray for the next man she meets – God knows he needs it.'

Will the next man be any different? Does the next person need to be different or do I need to be different? Do they need to change, or do I? Is it possible to find love right where you are? Even in the unlikelyst of places? If you find it, what will it look like?



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Beginning the journey – admire, assess, and adjust

Adjust your expectation

USA Today once stated: 'Consumers are expected to spend more this Valentine's Day than in the past 10 years, making February's ode to Cupid second only to Christmas season in consumer spending.' The article continued, 'Men will outspend women on the holiday by almost double. "Valentine's Day is the 'put up or shut up' day for them. They don't want to make a mistake," says consumer psychologist Kit Yarrow. Dan Kassonie of Clayton, North Carolina, says he will buy something for his wife "because you pretty much have to if you're married, to stay out of the doghouse."'

Is that the best we have to offer? Giving love just to stay out of the doghouse? Is Valentine's Day the best time for love? Is one season better than another? Is it easier to find love when the weather is warm, or when the weather turns cold? Can knowing the best season for love help you find the love of your life? Can knowing your season enrich the love that you already have? Does love just have to be about dating and marriage? Can you find love in the unlikelyst places? How do you prepare for your season?

Admit your imperfection

I was going to the US for the first time. To university. To Michigan, to be precise. They told me Michigan had bad winters, so I went to London and bought a sheepskin coat. Because of the bulk of the coat, I decided against stuffing it into my suitcase. Instead I chose to wear it over my jacket when boarding the plane. The first stop was Boston. It was July. The air hostess said, 'Place one bag in the overhead bins, but please don't clog them with any coats.' So I kept my coat on over my jacket. Perspiration started to well on up my brow. People began looking at me. When we stood to deplane, one lady couldn't contain herself anymore. Looking at me incredulously, she asked, 'Finding it a bit chilly, are you?' I wanted to say to her, 'Laugh if you want to, but winter is on its way.'

Winter is indeed on its way. Before it comes, however, we must pass through the ups and downs of spring, summer, and autumn. Sally Tagholm says in *The Complete Book of the Seasons*, 'Spring, summer, fall,

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The Four Love Seasons

and winter sometimes creep up slowly, one sliding seamlessly into the next, but at other times they arrive unannounced, a sudden dramatic change, impossible to miss'. Love is not an automatic limousine, luxuriously equipped with cruise control and driven by a trained chauffeur. Love is more often like a stick-shift pick-up that jerks and jolts uncomfortably along, driven by a hopeful novice. Love may sometimes be heavenly but always down-to-earth.

Address your expectation

There is a certain inevitability about the seasons, a certain naturalness and a certain predictability. While in some places, spring and autumn are seasons fleeting or unknown, in the main summer follows spring, autumn follows summer, winter follows autumn, and spring follows winter. The birds know what season it is and exactly when they should migrate. The animals know what season it is and precisely when they should hibernate. The sea creatures know what season it is and just when they should mate – what about us? Are we helpless victims to the waves of passion that sweep over us without warning, leaving us no time to prepare and no way to withstand them? Is 'falling in love' the best we have to offer?

Erich Fromm says love is 'an activity, not a passive affect; it is a "standing in", not a "falling for".' In other words, we ought to have some measure of control over love. Dennis Rainey says, 'Much like the inevitable seasons of

nature, our lives on earth advance in a predictable pattern.' Predictable means we ought to know what is around the corner; and if we know, we can prepare.

Grasp your occasion

Upon moving to Canada, we were given some advice by our friend, Hymers Wilson, Jr. 'Many come here and want to hibernate through winter, waiting for summer to come. No,' he said, 'if you want to enjoy Canada, embrace the seasons.' So in our first

winter, Hymers and his wife Joy invited us to Huntsville, Ontario, to spend part of the Christmas holidays with them and their wonderful children, Hermione, Hannah, and Hymers III. Known as 'cottage country', we were quickly immersed in activities that

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Beginning the journey – admire, assess, and adjust

involved snowsuits, wellington boots and snow tubing. Shaking and shivering though we were, nothing could beat ending each day's adventure by downing steaming hot chocolate at the local Tim Horton's. Like a pregnant woman who vows never again, only to beam with expectancy the following year, we went back. We learned to embrace the seasons.

Lasting approximately three months, each season is accompanied by its own characteristic weather and temperature patterns. I learned that seasons can affect your mood. While I was the

in Michigan could drain away your hope if you were not careful. On the other hand, spring was so hopeful that many male students made promises they could never fulfill.

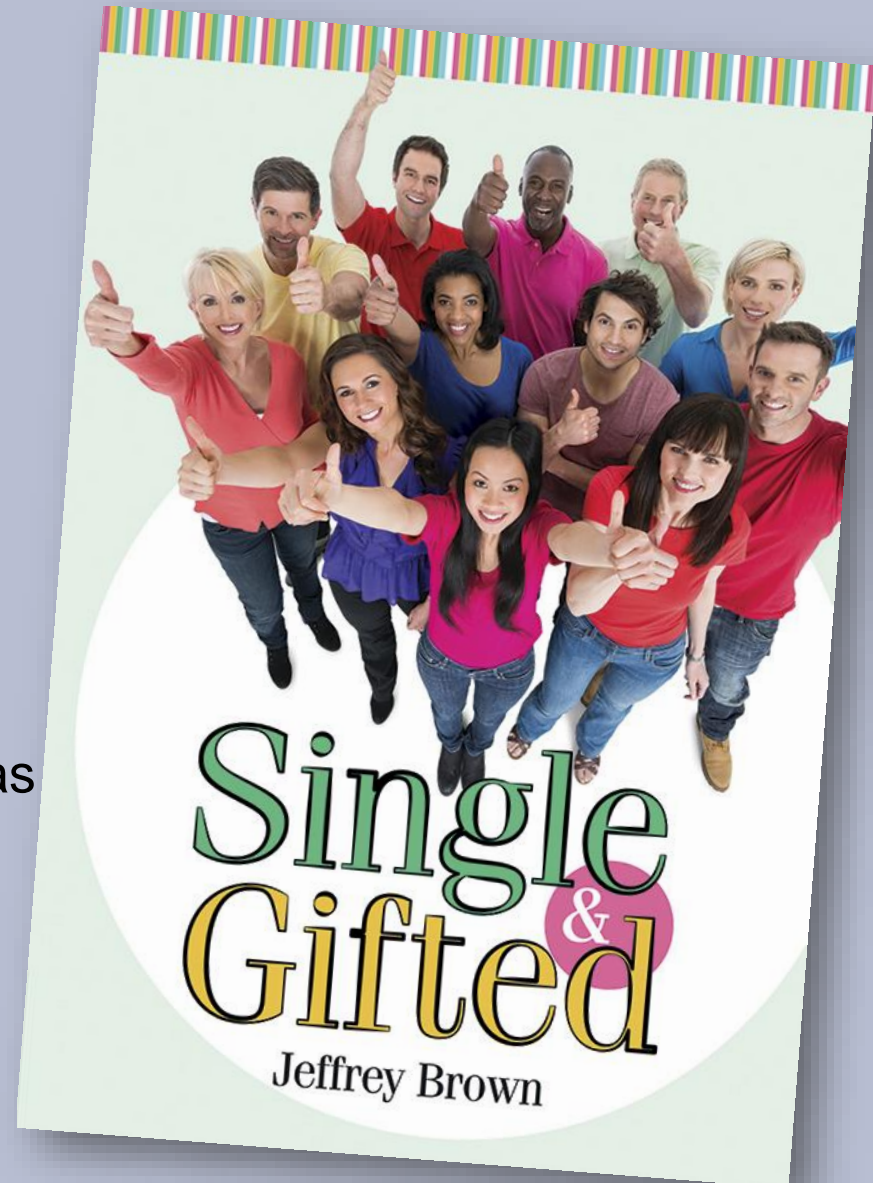
Between the seasons there may also be a tremendous variance in the hours of daylight. In December, when the North Pole tilts away from the sun, countries in the Northern Hemisphere have winter. At the same time, the South Pole is tilted toward the sun, so countries in the Southern Hemisphere are experiencing summer. Then in June, the opposite happens. We saw it for ourselves and we couldn't believe it – the land of the midnight sun.

My friend, Theodore Stewart, and I worked in Molde, Norway, one summer, while my sister Anne worked further north in Tromsø, Norway. We attended a wedding one evening and, after midnight, we were still outside taking pictures without a flash. We would go to bed without seeing darkness and wake up without seeing darkness. It is a wonderful country, and the residents love their sunshine. They embrace every minute of it because they know that winter is on its way. You see, winter is the land of the Midnight Sun in reverse. People attend church in the morning and when they leave at noon it is starting to get dark. Darkness can cloud one's understanding of love.

Correct your comprehension
There are some incredible benefits

Single & Gifted

- How to survive as a single – and turn singleness to your advantage.
- Hope for those desperately seeking someone.
- How to cope with being alone – and with the crisis of marital separation.
- Sex and the single person. Surviving as a single parent.
- How to tell love from infatuation.



Single & Gifted

Contents **C**

This book is dedicated to:

My praying church families in: Apple Creek and Hands of Glory, Toronto; Southampton, Bermuda; Bauer and Niles, Michigan; Manchester, Birmingham, Reading, Leeds, Bradford, Barnsley, Oldham, Wolverhampton, and London, UK; Kingsboro Temple, New York; New Hope, Atlanta; and Operation ReachBack, Washington D.C.

My caring institutions: Harper Bell School; Newbold School; Crawford Academy; John Loughborough School; Newbold College; Relate Reading; Oakwood College; Collonges-sous-Saleve; Kingsway College; Andrews University and Loma Linda University.

My supportive colleagues and their families: Lucia Hall; Esmie Branner; Trace White; Wendell Phipps; Ursula Lewis; Miriam Francis; Audley Allen; Eric Tappenden; Pastors Theodore Stewart, Michael Anderson, Halsey Peat, Hymers Wilson, Richard Holder, Cyril Millet, Bobor Gibson, Cyril Sweeny, Michael Simpson, Bruce Flynn, Glendon Cross, Ian Sweeney, Don McPhaul, Alvin Kibble, Wayne Martin, Nigel David, Gary Gordon, Ray Allen, Gifford Rharnie, Everett Picart, Steve Palmer, Clyde Moore, Moses Msimanga, Matthew Bediako, Jeff Shiplett, Gregory St. Ange, Frank Dell'Erba, Arthur Branner, Errol Nembhard, Harold Johnson, Orville Woolford, Winsley Hector, Stennett Ross, Michael Mannis, Keith Morris and Fanny Anderson-Chan; Drs Calvin Rock, Albert Waite, Norman Miles, Clinton Valley, Leslie Pollard, Walter Pearson, Nerval Myrie, Ron Smith, Elsie Jackson, Alonzo Smith, Herbert Thompson, Andrea Luxton, Patrick Herbert, Richard de Lisser, Hyveth Williams, Lisa Beardsley, Errol Lawrence and Haskell Edwards.

My faithful friends: Karl and Denise Marshalleck-Smith; Sheena Sadler; Yolanda White; Dessaline Waldron; Paula Webber; Dr Marquita Rand; Judith Hall; Isaac and Jacqueline Collie; Jude and Dr Merle Roberts; Alvin and Babita Jackson; Stafford and Lisa Byers; Bob and Patrice Smith; Malcom and Shirlene Nisbett; Kareena Elliston; Angelina Joseph; Madge; Avril-May; Dr Melanie and Jeffrey Edwards; Dr Dahlia Pottinger; Susanne Kirlaw; Earl and Dawn Edwards; Joseph and Maria Ratteray; Devie Phipps; Del Stewart; Sophia and Henry Rose; Carmen Carter-McLeary; Keith Hill; Marcia Dormus; Theresa Saber; Ken and Hyacinth Callum; Bridget Banton; Charles and Susan Kellen; Dr David and Paulette Burt; Dave and Juliette Knight; Dana Bassett; Michelle Raynor; and Deborah Harvey.

My beloved family: Ivy Powell; Carmen Brown; Dr Maurice and Launa Brown; the Browns; Eric, Anne, Michael, and Jacynth; the Prices, Gillespies, Stewarts, Mings, Butlers, and Daleys, in England and Jamaica; the Roberts in the USA and Canada; Myrtle McMahon; Isabelle McMahon; Charles McMahon; the McMahons; Donald, Alvin, and Wayne; the Darrells in Bermuda, the Bahamas, the USA and Canada.

Our adopted mothers: Eleanor (and Francis) Raab, and Vera (and Dawn) Forrest.

My devoted wife: Pattiejean, and our loving children: Kristle and Jamel.

Our loving Saviour: Jesus.

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Single & Gifted

1 Waiting to exhale

Singleness – Is it freedom or just a waiting game?

Dear Dr Brown

I am having a hard time dealing with my anger towards the guy I was engaged to. I don't feel guilty, because I don't like him. I know this is OK. I just don't know what to do with all my bad feelings towards him. Being treated so badly by him has made me scared to open up to other guys - which I think is terrible because it is only by revealing yourself to someone that you truly discover who you are and, in turn, they share what makes them who they are. I need to be willing to take chances.

I believe that the best person for me to consult concerning this is God, and I do. But I also feel like I need to talk to someone else. Being here, so far away from my family and close friends, has made this healing process even harder. Sometimes I feel so alone. I just don't think I can work through all my pain and anger alone.

Jennifer

(names have been changed throughout)

All in the same boat

Some years ago a film came out that caused a stir among men and women, particularly single men and women. It was called *Waiting to Exhale*. Some thought the film portrayed all men as dogs, men who treat women badly and then toss them aside. The writer says this was not her purpose.

The film was based on the best-selling book of the same title, written by prolific African-American female author, Terry McMillan. *Waiting to Exhale* was inspired by McMillan's personal experiences as she moved through unfulfilling and sometimes explosive relationships over the years. *Ebony* magazine wrote: 'She realised that many of her friends were in the same boat: "educated, smart, attractive, and alone."'

That's the situation of many of us today: educated, smart, attractive – and alone.

Waiting to exhale 1

We're all in the same boat. Otis Redding says we're 'sitting on the dock of the bay, watching the tide roll away, sitting on the dock of the bay, wasting time'. Life is passing us by. Unable to function because there's no partner on our arm. Holding our breath until we find someone to hold our hand. Waiting to exhale. The question is, isn't there more to life than this?

Singleness shipwreck?

Is singleness a tragic wreck or a tremendous resource? Is singleness helplessness or hopefulness? Is singleness full of problems or full of promise? There seems to be a force propelling us all into a ship called marriage and, even when we see the name *Titanic* written on the ship, we still can't wait to jump on board.

Marrieds don't help by saying, 'What's a nice person like you still doing single?' Still others attempted to be sympathetic by saying, 'Don't worry, there's nothing wrong with being single.' Our mentality seems to be shaped more by Hollywood than the Holy Word.

Holy Word or Hollywood?

Psychologist Dr Aric Sigman is the author of *New? Improved?* He had a programme on BBC Radio entitled *God on the Couch* and he states, 'Hollywood constantly needs change and permutations of themes to survive. The people in charge of the media usually lead pretty bizarre lives themselves. The decisions they make based on their own perceptions of "reality" have nothing to do with the

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reality of the woman at home on a Paisley council estate looking after her kid. Yet what they decide has a huge amount of influence.'

Good luck?

Some time ago a cartoon appeared in a national newspaper of a frustrated man trying to cross a busy intersection. Horns were honking, engines were revving, tempers were flaring, and arms were waving. The poor man looked hopefully towards the traffic signal for him to cross and he couldn't believe his eyes. The signal didn't say, 'Walk.' It didn't say, 'Don't Walk.' Instead it said, 'Good Luck.'

The Bible talks about people, so-called guides, whose message, when all is said and done, is just, 'Good Luck.' The Bible calls them 'broken cisterns'.

Broken cisterns

Hollywood has not improved the Holy Word. In fact, we have been terribly let down by the so-called 'experts'. The Bible says, 'My people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns,



broken cisterns, that can hold no water' (Jeremiah 2:13, KJV). If the truth be told, so many of the counsels that we hear today are from people whose own lives are a mess – broken cisterns, broken water pots that can hold no water. Listen to some of these broken cisterns.

Ronald Mazur wrote – in his book *Commonsense Sex* – that the problem we face in relationships is never 'to bed or not to bed' but 'to become or not to become'. Mazur would have us believe that premarital sex is a key element of personal

growth. He says, 'Today chastity means acting with integrity. Either a virgin or a non-virgin ought to be chaste – this is the essence of the single standard of sexual behaviour – so that if the path of "going all the way" is chosen, we will not end in a dark pit of remorse, but will discover a highlight in the fascinating journey of becoming.'

The O'Neills wrote the book *Open Marriage*, advising couples to open themselves up to other couples – if you had a secure relationship, you could only benefit by someone else's husband admiring your wife and someone else's wife being attentive to your husband.

David Sammons, a divorced minister

living with his girlfriend, wrote a book called *The Marriage Option*. He advocated alternative lifestyles such as those suggested by renowned sociologist Margaret Mead, saying:

'Margaret Mead has suggested that rather than do away with marriage conceived of as primarily a one-to-one relationship, we should break it up into a series, since the needs we have as spouses vary as we progress through life. One's first marriage would be for learning about sex and romance. In between one's early and late marriages would be marriage for the conception of children and the raising of families. Finally, late in life would come marriage for companionship.'

Dr Mead was not reluctant to follow out at least part of this model in her own life.

Then there's the famous Fritz Perls. Dr Fritz Perls' credo hangs on the waiting room walls of hundreds of psychotherapists, presumably to help the love lives of their patients:

*I do my thing, and you do your thing.
I am not in this world to live up to your
expectations, and you are not in
this world to live up to mine. You
are you and I am I, and if by chance we
find each other, it's beautiful.
If not, it can't be helped.*

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Alan Loy McGinnis, in *The Romance Factor*, addresses the philosophy of Fritz Perls: 'Such an idiosyncratic way of living has its attractions, but adherents of that philosophy should at least refrain from marrying and bearing children. Perls' wife and two children, whom he abandoned, did not feel that they benefited from his egocentrism.'

Dressed-up living, messed-up lives

These so-called experts have promised us fulfilment and growth and all we've got from them are confused children, problem parents, messed-up marriages and sorry singles. Ronald Clapp wrote an article in *Christianity Today* in which he attests that the advertising industry, movies, novels, and television shows have realised their financial aspirations through their misuse of the word 'love'. Taking advantage of the word 'love', so they get the money and we

get the misery. He called his article, 'What Hollywood doesn't know about romantic love.' So I say, move over Hollywood, let's give God's Holy Word a chance.

Single & Gifted

Committed Singleness

In my early twenties, I discovered the secret of fulfilment is in neither singleness nor marriage but in commitment to God's will. When God called me to be a missionary to China, it was difficult to accept the likelihood of remaining single. Yet I had to face reality.

Since we live in an imperfect, sinful world, no one, single or married, has an absolutely ideal situation. One's attitude, not circumstances, determines happiness. Contentment was not found by convincing myself I preferred to be single but rather in praising God for providing resources to make each day meaningful.

The feeling of being loved as a child has continued throughout my life. But there was still a deep hunger for some one person of the opposite sex to love in a special way. Since I was frank enough to admit my feelings of incompleteness, some people tried to help me. Of the men suggested, the only qualifications I could see were that they were male and available. This was hard on my ego.

I was never able to find a satisfactory way to meet my need for physical intimacy. Sometimes I would have given anything for a loving touch. To be touched or caressed by another woman was repulsive to me. God's answer came 'like a bolt out of the blue'.

I received a letter from Dr Herbert J. Miles. He began, 'I have a feeling you will be surprised to receive this letter from me. I'm sure you have heard of the passing of Mrs Miles and know the deep waters I've been passing through.' He went on to say that each time he prayed about whether he should remarry, the name 'Fern Harrington' was given to him.

As a single woman, God has given me a rich, rewarding experience on the mission field, and now the joys of marriage far surpass my fondest dreams.

Fern Harrington Miles

Time is short

The apostle Paul lived with the idea that the end of the world could come at any moment. For those early Christians, death was just around the corner. People were being martyred for their faith. Paul says,

'The important thing to remember is that our remaining time is very short [and so are our opportunities for doing the Lord's work] (1 Corinthians 7:29). We would be foolish to believe that those words were only relevant to the particular



situation of the church in Corinth in the first century. Fast-forward to the twenty-first century. Dr Johan Candelin, a spokesperson in the United Nations Commission for Human Rights, has dedicated his life to creating an awareness of the plight of Christians who are being persecuted around the world. It is startling to learn that there were more people martyred for their faith in Jesus Christ in the twentieth century than in all the other centuries combined. Is there anything worse than your own death? Yes, there is. It is seeing your spouse suffer and die.

Have you ever read anything about the torturous treatment of Christians under Communist regimes? You will find occasions where the agony was so great they openly declared they wished they had never married. To witness such barbarity against their mates and children was almost unbearable.

Some of you will get the point. In times of crisis, marriage and childbearing can present difficulties. It happened before, and it will happen again. Jesus said, 'Woe to pregnant women and to those with babies in

Waiting to exhale 1

those days. . . . For there will be persecution such as the world has never before seen in all its history, and will never see again" (Matthew 24:19, 21).

You ask, 'So we're not supposed to get married, then?' The Bible says, choose to marry if you wish (1 Corinthians 7:6), but more important than choosing to marry is choosing to love. Loving God and loving people. And no one can say where the call to love will take you.

God's plan for my body

'Sexual sin is never right: our bodies were not made for that, but for the Lord, and the Lord wants to fill our bodies with himself. . . . Don't you realize that your bodies are actually parts and members of Christ? So should I take part of Christ and join him to a prostitute? Never! And don't you know that if a man joins himself to a prostitute she becomes a part of him and he becomes a part of her? For God tells us in Scripture that in his sight the two become one person. But if you give yourself to the Lord, you and Christ are joined together as one person. That is why I say you should steer clear of sexual immorality. No other sin affects the body as this one does. When you sin in this way it is against your own body. Haven't you yet learned that your body is the home of the Holy Spirit God gave you, and that he lives within you? Your own body does not belong to you. For God has bought you with a great price. So use every part of your body to give glory back to God, because he owns it.' 1 Corinthians 6:13-20

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theses defences will destroy us. It's all right to cry. It's all right to break down every now and then, it's all right to need a brother or a sister, it's all right to admit you don't have it all together.

The Bible gives us the source of emancipation. It says, "You will know the truth and the truth will set you free." It goes on to say, "You are slaves of sin, every one of you. And slaves don't have rights, but the Son [of God] has every right there is! So if the Son sets you free, you will indeed be free." (John 8:32, 34-36.)

Singleness is not about becoming a he-man, it's about becoming His man. It's not about becoming superwoman, but about becoming God's woman. Singleness is about being clean, positive, vibrant, looking up and recognising that God calls us to aspire and perspire, He calls us to believe and achieve, God summons us not to succumb but to become all that He would have us be.

Happiness in singleness is an attitude of mind. Richard Daly says, in *God's Little Book of Calm*, 'Happiness is a product of the mind, of attitude and thought. It comes from you, not to you. To be happy you must choose to be happy.'

Singleness is from God, singleness is biblical, singleness is acceptable, singleness is OK, singleness is all these things, but singleness is also hard – it's hard. A February 2000 study by Health Canada revealed that single men are 2.3 times as likely to suffer dementia as married men – and 1.4 times more likely to be institutionalised. Somebody said it is a terrible age in which to be single. And

sometimes when you're married you forget how difficult it was to be single. You start mixing with other married couples and you don't invite the singles to dinner any more.

Surrounded by sex, bombarded by beauty, don't fool yourself, singleness is freedom, but it is not easy freedom, it is freedom with limits. And don't think marriage is a lot easier. In fact, when the disciples of Jesus heard the high standard that Jesus placed on faithfulness in marriage, purity in action, word and thought, they cried out, 'If that is how it is, it is better not to marry!' (Matthew 19:10.) So singleness is hard and marriage is hard. The apostle Paul would have us know that while we are unmarried there are certain benefits that come our way (1 Corinthians 7:32-34).

'Benefits?' you say. 'There's nothing worse than being single.' I want you to know, there is. There is something worse. Much, much worse. That is, being permanently tied to one with whom you are not fulfilled. It is being in a situation that you can't get out of; where you're giving love but getting nothing in return; where your ability to love and serve God is restricted; where the example being shown to your children is painful and pitiful.



Single and not satisfied

With my wedding day only weeks away, I want to put in writing some of the feelings I experienced as a single before my happiness with Ken Frazier erases the pain I felt as a single.

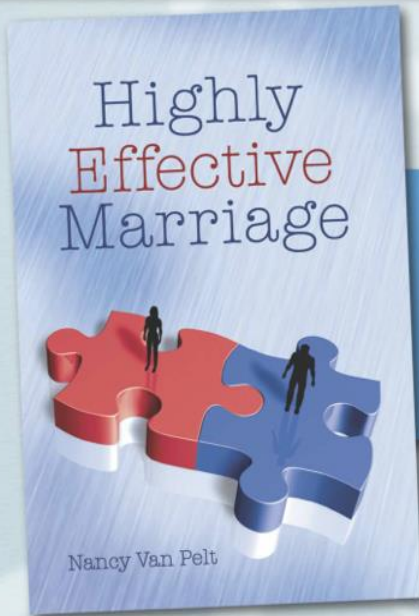
Recently, much well-intentioned advice has been given to help Christian singles, but even though I've tried to follow these suggestions, I still felt frustrated as a single.

I felt guilty about not being satisfied as a single, knowing that as Christians we are to be satisfied. I felt guilty about being a sexual being. I did not know how to handle those thoughts.

As a Christian, I am not in the world's system, but live and work there. When others in our office started their 'sex talks', I would get really busy to avoid participating. Being a 28-year-old virgin is not something to brag about to the world. In their eyes, I am a sexual freak.

My problem of being single affected everything in my life – even my relationship to God. One Sunday afternoon, I went to the prayer room in our church and fell down on my hands and knees, weeping before the Lord, asking Him, 'Why did You make me? I need a sense of purpose, and I think singles often feel like they are left on the back burner, waiting for their time to give themselves to one person and to start a family.'

Donna



Lifestyle Books

- How to change the status quo by changing your tactics
- Six rules for fighting fair
- The magic of 'share power'
- Thirteen creative ideas for a date with your spouse
- How a few words of affection can lower your medical bills
- Nine ways to put play back into your marriage
- Twenty-one ways to love your wife
- How to decide who submits to whom
- How to replenish an overdrawn love bank
- Five ways to make your spouse feel accepted
- How to put pizzazz back in the bedroom

Find the secrets to keep your partner madly in love with you and to have a successful and **Highly Effective Marriage**.

Highly Effective Marriage

Amazingly, recent studies show that marital happiness depends on whom you marry and has everything to do with how you cope with conflict.

By learning and practising a few simple rules, you can join the ten percent who enjoy true marital happiness.

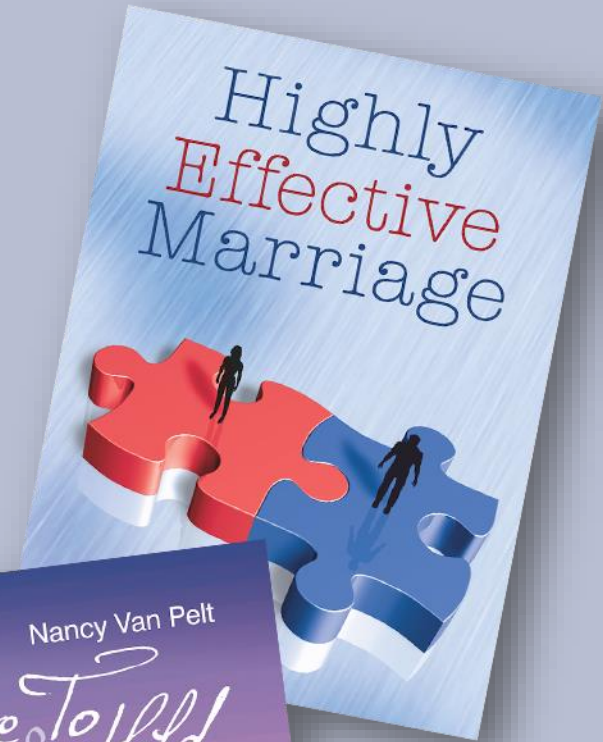
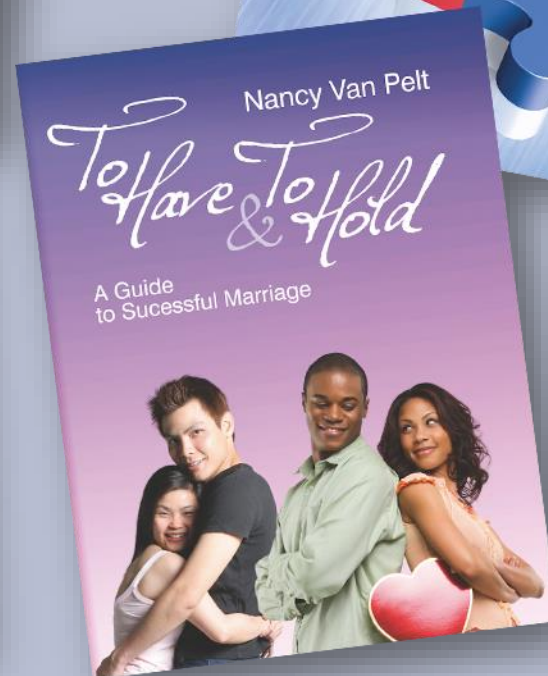
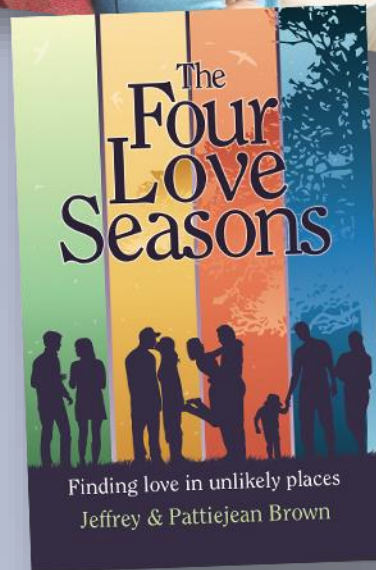
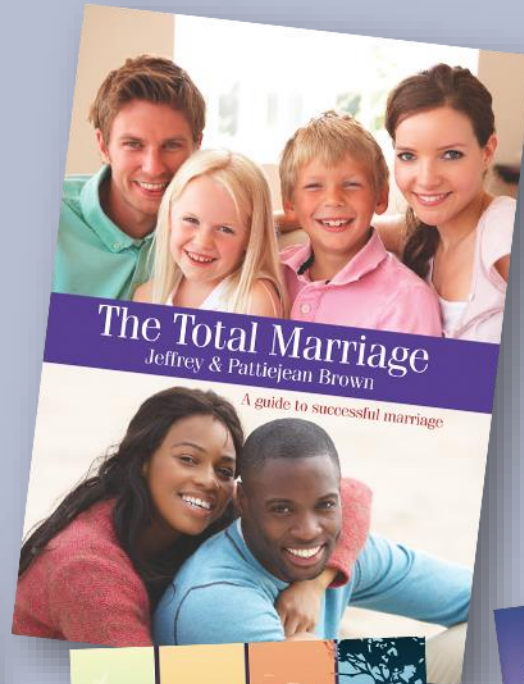
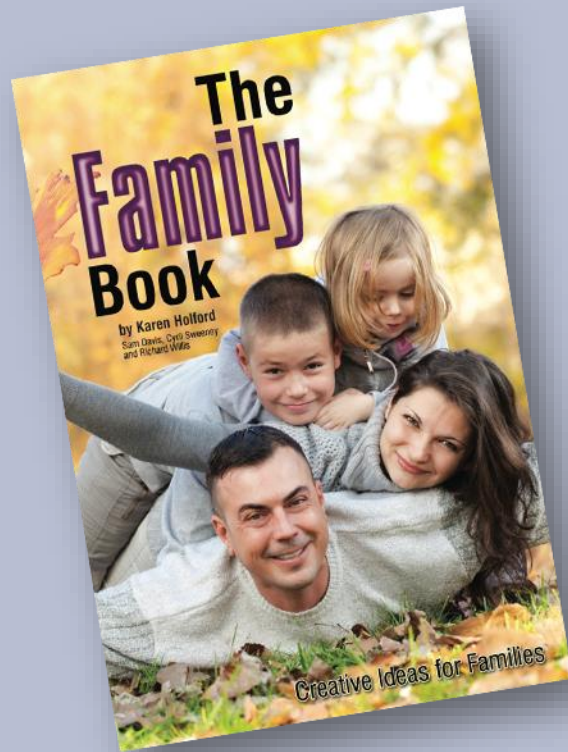
If you long for marital intimacy, tenderness or respect, or just need a tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.

Nancy Van Pelt, author of more than 42 books and expert family counsellor, presents in her book **Highly Effective Marriage** practical and clear advice on such matters as:

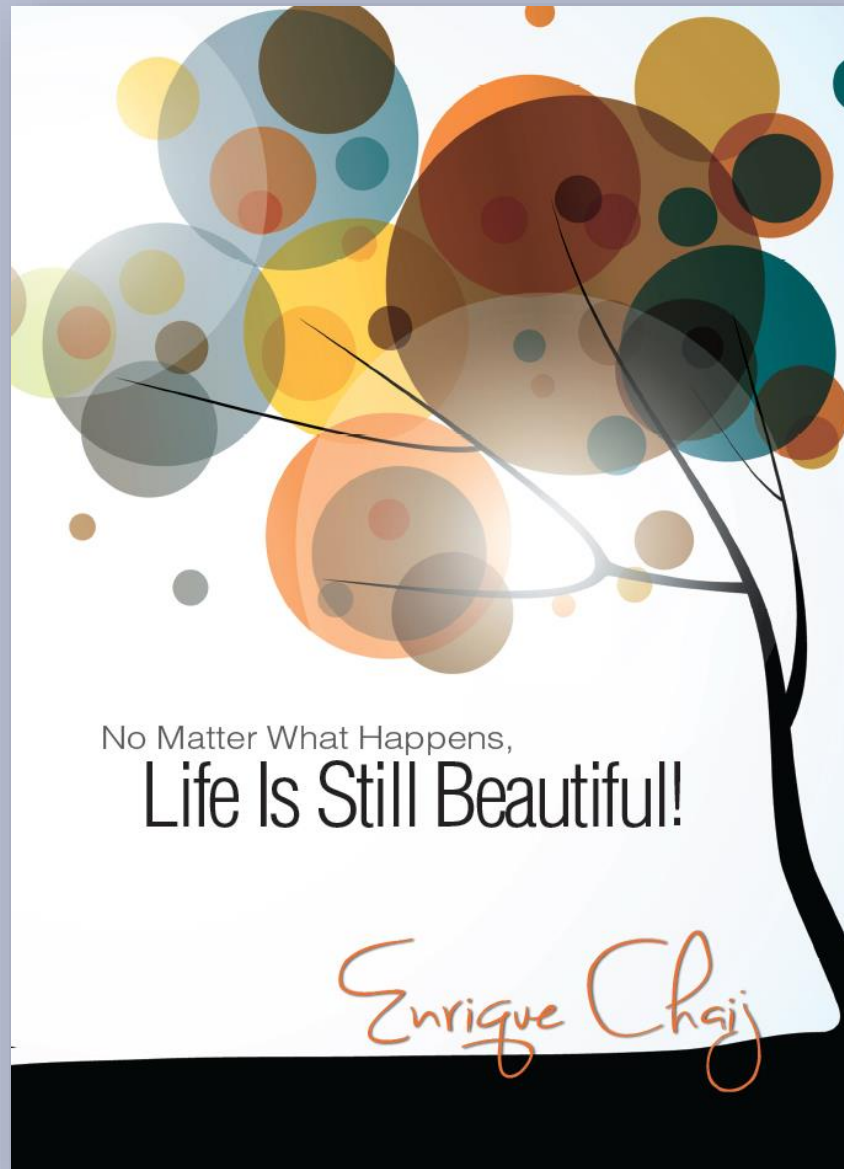
Series: Lifestyle Books
232pp Hardback
Nancy Van Pelt



Marriage Counselling



No Matter What Happens, Life Is Still Beautiful



We all want to be happy, but not all paths lead to this longed-for goal. In order to help us find the best path and not leave it, *No Matter What Happens, Life Is Still Beautiful!* is going to show us, step by step: How to learn to be optimistic in spite of everything; What we are lacking, or what we have in excess, in order to reach maturity; The necessary ingredients for finding and strengthening inter-personal relationships that are enriched in all environments, including marriage and the family; The best method for controlling negative emotions; How to obtain freedom from addictions that enslave... and many more interesting insights.

No Matter What Happens, Life Is Still Beautiful

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No Matter What Happens, Life Is Still Beautiful

10



1

The Beauty of **Life**

Every day becomes a song of happiness;
every obstacle, an opportunity to triumph;
and every material advantage, an expression
of gratitude to the Creator.

No Matter What....Life Is Still Beautiful!

No Matter What Happens, Life Is Still Beautiful

“I’VE LOST my will to live. Everything depresses me,” listlessly sighed a lady who had just lost her husband and whose only son was an invalid.

“Don’t despair; be in a good mood. There is still hope,” one of her friends answered.

Years later, that invalid son was restored completely and got married to a good young woman. Then the grandchildren arrived and with them, happiness. Hope and a good mood returned to the heart of that woman who had previously been overwhelmed.

What had happened in her life? First, she saw everything as black, and that produced constant grief. Later, she learned to value what she had—her son, her health, her grandchildren, her work, and her faith—and changed her mental attitude. She discovered that there are valid reasons for overcoming pain and for enjoying the little and big beauties of life.

Let us transfer this woman’s experience to our own. Do we have good health, a job, food, clothing, and a roof over our heads? Then, shouldn’t we feel satisfied and thankful? We often want to enjoy great happiness that perhaps never comes, while we overlook the little daily satisfactions that may well lift our spirits if we rejoiced in them.

That fluffy white cloud that blends with the blue of the sky, that little singing bird that comes near our window, that soft symphony of light of every dawn, that gentle rain that moistens and replenishes the ground, that perfumed flower that decorates the garden, that child who bursts into the world with his vital cry, that child who is growing and succeeding, that warm gesture of a loyal friend, that exciting expression of conjugal tenderness, that encouraging word of parental advice, that sincere smile that we can give and receive . . . all this and much, much more, valued as a gift from God: isn’t it a way of embellishing our existence and making it worthy of living with a song in our hearts?

Nevertheless, how frequently we spoil our happiness when, with a minimum of optimism, we can feel completely happy.

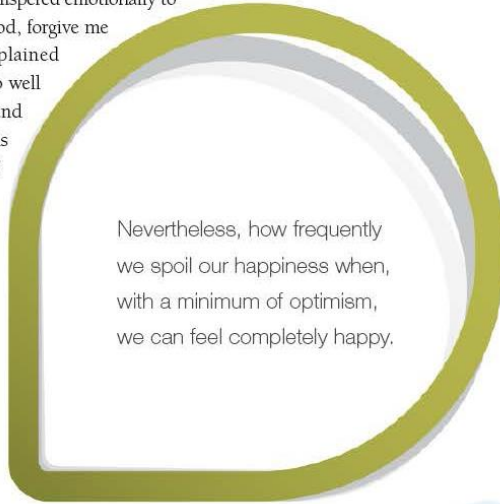
Do I really have reasons to complain?

Peter, who had already passed the half-century mark in his life, had suffered several setbacks at his workplace that day. The day had become exhausting, and he had complained repeatedly to his boss and his companions. As he went home, he saw an attractive young woman with golden hair travelling in a car. She seemed so happy and full of life. However, when she got out of the car, she could not hide the fact that she had lost a leg. In spite of this, she smiled as she got out of the car. Then Peter said to himself, “To think that I spent the whole day complaining even though I have both legs and I am in good health.

Some time later, he went to a kiosk to buy some candy and the young man who was selling it seemed charming. He seemed so content that he stayed there talking to him for a while. When he left, the young man said to him, “Thank for your words, sir. I don’t know if you noticed it, but I am blind.”

Then Peter whispered emotionally to himself, “Dear God, forgive me for having complained so much. I see so well with both eyes and this young man is happy in spite of not being able to see anything.”

When he got close to his home, he saw a group of children who were playing enthusiastically and a few meters away from them was one who



Nevertheless, how frequently we spoil our happiness when, with a minimum of optimism, we can feel completely happy.

No Matter What Happens, Life Is Still Beautiful

just watched the others play. Our friend wanted to ask him why he was not playing with his friends, but the child just sat there without saying a word. He was deaf. After an affectionate wave, Peter continued on his way saying to himself, "Lord, I thank You because I can hear. Help me to control my complaining spirit."

Isn't it true that something similar has happened to you sometime? We complain because we have too much work or because we have lost the job we had or our salary is not enough or because we have a pile of problems. Why do we complain so much? Perhaps because we stop too much to think about things we do not have as we forget the enormous capital we have through the simple fact that we can walk, see, hear, and speak.

If we have complained too much up to now because of our supposed "bad luck," why not decide to change our mental attitude and be more careful with our words? Ask yourself, "I who have legs, how do I use them? Do they always take me to the best places? I who have two eyes to see, do I know how to watch what is edifying and constructive? Do I have a pure and sympathetic glance at others? I who can hear and speak, what things do I listen to and what words do I say? Do I open my mouth only to say what is correct and kind?"

Accept yourself

The story is told that there was once a little iceberg in the arctic region that was very unhappy with its life, especially because it had spoken with some seals that had told it about the beauties of the south where the sea shone under the glory of the sun. An old iceberg



How important it is to accept oneself and to be oneself!

that heard it murmuring said, "Son, our destiny is to remain here and we should be content with the circumstances and scenery that are around us."

Nevertheless, the little iceberg did not follow the advice of the older one. Thus, one day, it left its companions and set out on a journey to the south. "Now I will get to know the world," it thought.

However, the first thing it learned was what a collision with a ship in the dark was like. While it was suffering from the pain of the collision in the middle of the rough waves, it remembered how much calmer life had been in its old home. As it continued its extremely dangerous adventure, the Sun looked at it one day from the heights and the poor iceberg began to weep and weep. The heat of the Sun ended up melting it completely, and it disappeared into the ocean.

How many people are like this dissatisfied iceberg in the sea of life! They are always unhappy with what they are and what they have and they always covet the apparent advantages of their neighbor without remembering that they themselves have conditions that can open the door of happiness and success to them if they developed those conditions. There are even many people who do not cultivate their personalities and their own talents and even set out to imitate others slavishly, thus selling their own individuality. In the end, they have to recognize that they have not managed to be one or the other simply because they did not know how to be what they should have been.

How important it is to *accept* one's self and to *be* oneself! Otherwise, how could we be satisfied and develop our own gifts and abilities? However simple we are, we all have good possibilities of developing ourselves and reaching an acceptable measure of well-being and satisfaction.

Life's paradoxes

The British writer Arthur Clarke and author of 2001: A Space Odyssey said in the middle of the twentieth century that unless the human being developed the ability to live better, we would all suffer

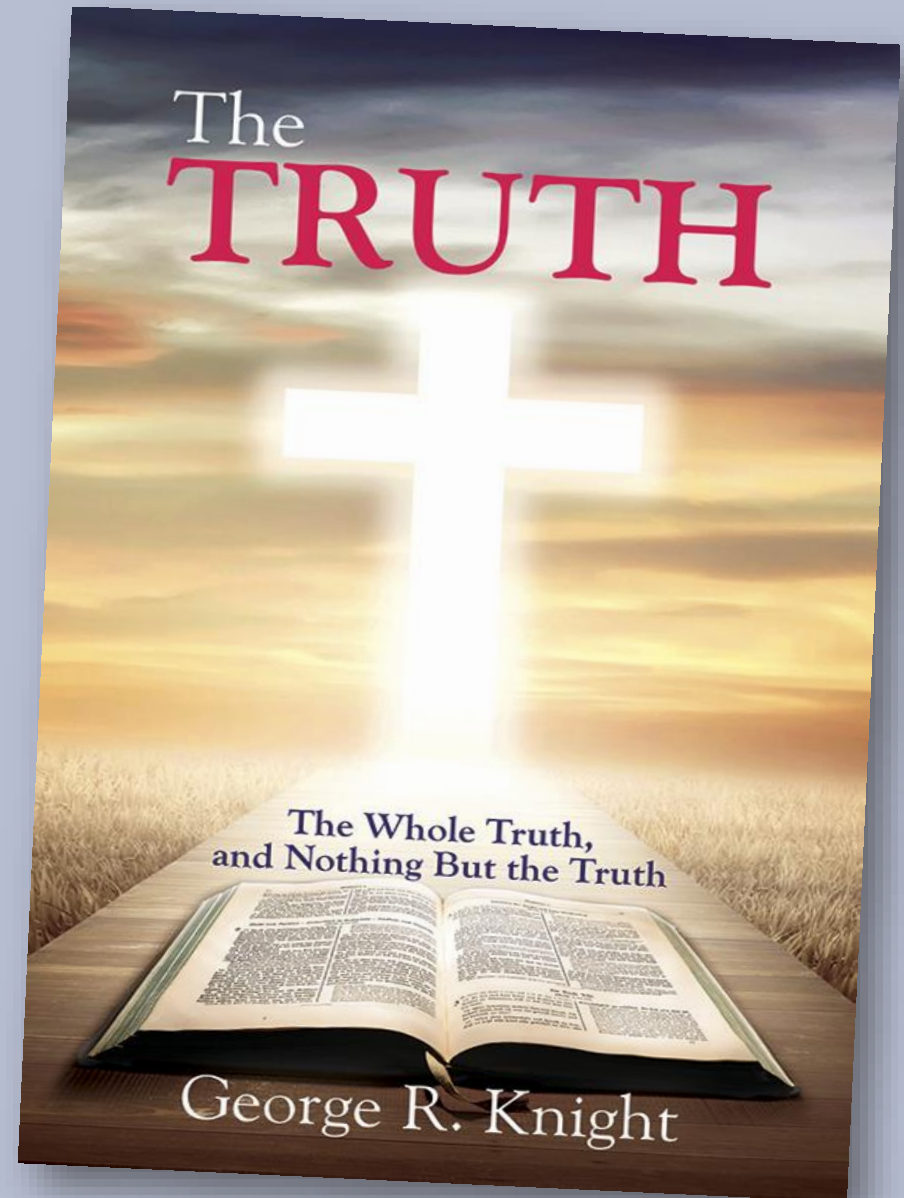
The Truth

Is there a place where you can TRULY find the meaning of life and the path to eternity?

Is there a message that contains *the truth*, the *whole truth*, and *nothing but the truth*?

This book turns to the thousands of pages of the Bible, from which so many people have found answers to their most profound questions.

It is a compilation of twenty-two articles and it is a simple, direct and profound title that can TRULY transform your life. We wholeheartedly and TRULY hope that it will guide your steps to a greater understanding of the truths in life and the Scriptures.



“T

AURUS (April 20–May 20): Get everything checked off your list today. You'll feel less like doing it tomorrow. There could be a conflict this evening between you and your mate.

“Virgo (August 23–September 22): You need to decide what you want to be, do, and have within five days, five months, and five years. Include your sweetheart or business partner in your discussion and you may get a few more good ideas.”

People everywhere are looking for advice and meaning. The fact that nearly every newspaper carries a daily horoscope column testifies to that fact. And if the advice given in the above counsel isn't specific enough, a note following the horoscope provides a phone number that can be contacted for ninety-five cents a minute for personal forecasts.

The search for meaning and guidance



From the beginning of recorded history people have been seeking advice from astrologists, always with the hope that today will be the day of their “lucky star”. But the heavenly bodies were only one place that the ancients looked for meaning and advice. Some examined the livers of sacrificial animals (hepatoscopy) for formations that might reveal the will of the gods. And other wisdom seekers poured oil into a basin of water and then observed the resulting bubbles and rings in their search for guidance in the affairs of practical life (hydromancy).

Kings of the earth's most powerful nations went to war or stayed at home depending on what readings they found in livers, bubbles, or stars. On a more personal level, individuals decided for or against major business deals or marriages on the strength of such evidence.

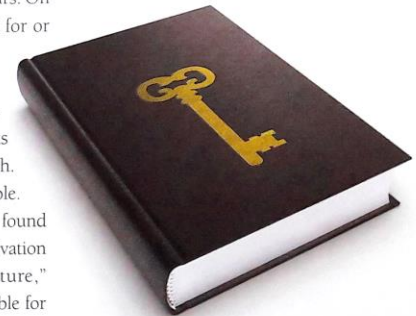
But there is a better source for such information than the accidental arrangements of bubbles, stars, or lumps of blood and flesh. That better way is God's revelation in the Bible.

According to Paul, “the sacred writings” found in the Bible “are able to instruct you for salvation through faith in Christ Jesus”. “All scripture,” he indicates, “is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work” (2 Timothy 3:15–17, RSV). And Peter claims that the Bible is as “a light that shines in a dark place” (2 Peter 1:19), while the psalmist proclaims that the Bible “is a lamp to my feet and a light to my path” (Psalm 119:105).

Countless millions of people have found the Bible to be just what it claims to be—a provider of perspective on the meaning of life and a fountainhead of principles for the making of daily decisions.

The purpose of the Bible

The Bible reveals truths that we couldn't possibly know except through God's revelation. Yet it is not an exhaustive source of knowledge. It was never intended to be a “divine encyclopedia” that seeks to answer all our questions. In fact, it leaves most questions unanswered.



Countless millions of people have found the Bible to be just what it claims to be—a provider of perspective on the meaning of life.



So where is the good news of judgement?

"Well," you may be asking by this time, "what can I do? How can I get this verdict changed?"

Some people seek to escape condemnation by being better, by keeping the law. But such individuals fail to understand that the law cannot save. It can point out our sin and tell us where we have gone wrong, but it was never given to be our saviour.

And here is where the good news of judgement begins. The law points beyond our sin to Jesus and salvation through faith in His saving grace. It is because of Jesus that the judgement is good news, or *gospel*. And that good news is based on the love of God.

Unlike modern judges, God is not neutral. He is actively on the side of those at whom the devil is pointing an accusatory finger. One of the crucial facts of Scripture is that "God so loved the world [me] that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16). Or, as Paul put it, "God demonstrates His own love toward us, in that while we were still sinners, Christ died for us" (Romans 5:8).

That, my friend, is excellent news—the very best of good news. The wonder of wonders is that God is willing to credit Jesus' life and death to my name in the judgement if I am willing to accept Him by faith. That is why Paul could write that even though "the wages of sin is death . . . the gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23). And Jesus not only died for us, but He is currently ministering for each of His followers as our "Advocate" in the heavenly sanctuary (1 John 2:1).

The law points
beyond our sin
to Jesus
and salvation
through faith
in His saving grace.

Because of Jesus the judgement is always good news for those who follow Him. Or, as the book of Daniel puts it, God's final judgement is "in favor of the saints" (Daniel 7:22).

Why judgement is a topic for rejoicing

Too many people have thought of the final judgement as a kind of medieval inquisition headed up by a vengeful God. Not so! God's purpose in the judgement is the vindication of believers through confirmation that they have accepted Jesus. It is God's aim to save as many people as possible so that He can take them home to heaven when Jesus returns a second time.

Those who accept Jesus by faith have nothing to fear in the judgement. In fact, God established the judgement to determine who are willing to be forgiven. As Romans puts it, *there is "no condemnation to those who are in Christ Jesus"* (Romans 8:1).

That is very good news!

- The good news is that the Judge is on our side.
- The good news is that the Judge sent the Saviour.
- The good news is that all who have accepted Jesus' life and death are safe in Him.
- The good news is that the purpose of the judgement is the vindication of God's people.

Praise God for the resurrected Jesus, who is now representing each of His children in the heavenly temple above! Praise God that Jesus will return to take His faithful ones to heaven! Praise God that the judgement is good news!

The good news
is that the Judge
is on our side.



16 GOD'S LAST MESSAGE TO A DYING WORLD



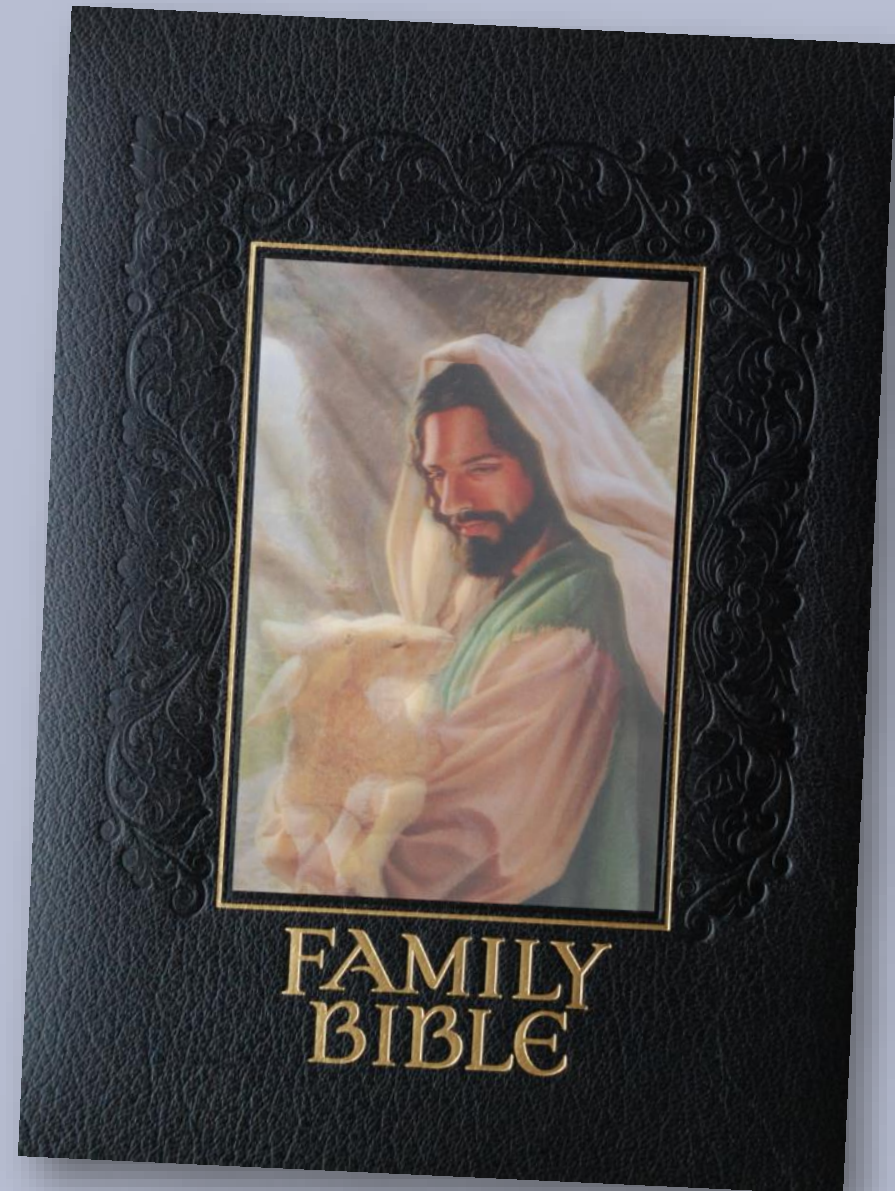
"Then I saw another angel flying high in the air, with an eternal message of Good News to announce to the peoples of the earth, to every race, tribe, language, and nation. He said in a loud voice, 'Honor God and praise His greatness! For the time has come for Him to judge all people. Worship him who made heaven, earth, sea, and the springs of water!'"
(Revelation 14: 7, GNT)

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- Harmony of the Gospels
- Annual Bible reading plan
- Miracles of Jesus
- Parables of Jesus



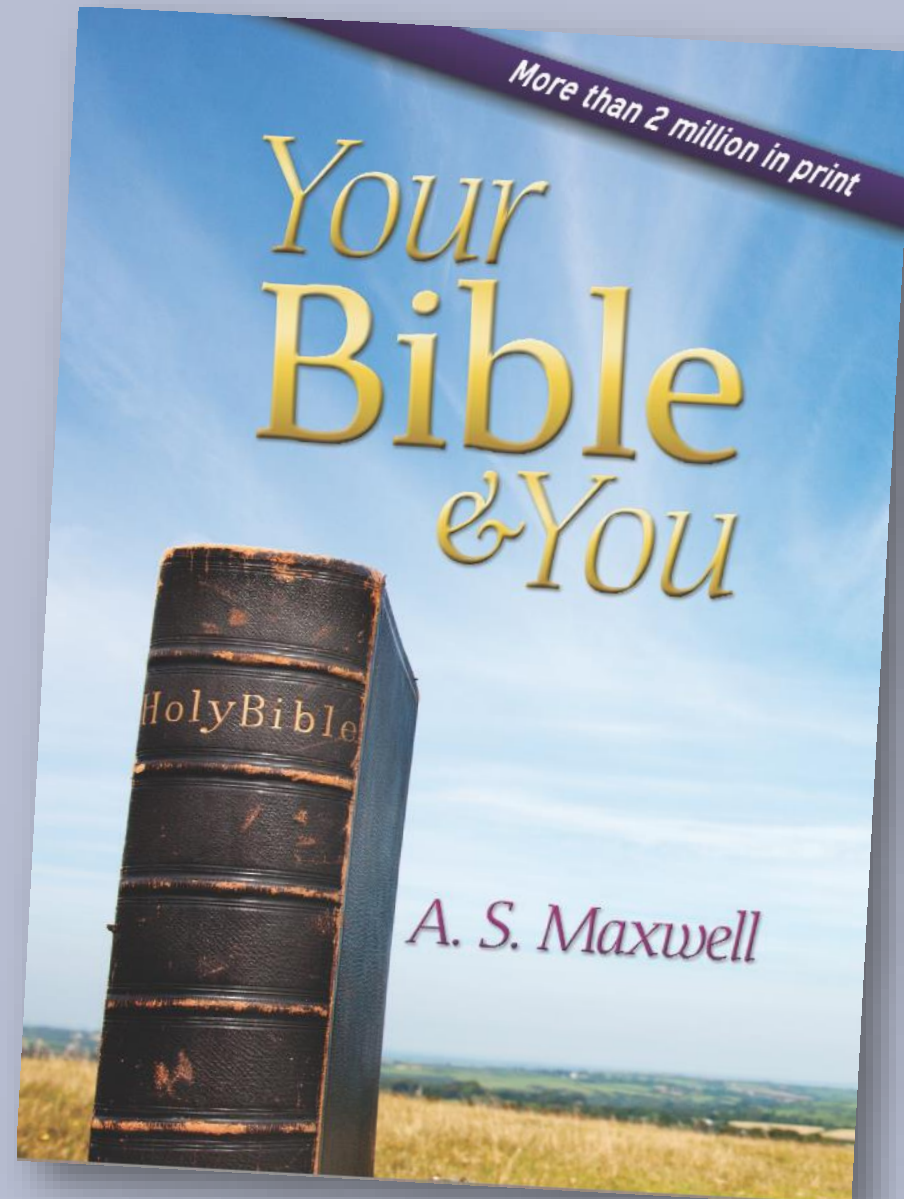
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A newly illustrated, hardback book that is full of answers to our deepest questions and that will help us understand this timeless book and God himself.





Church Resources

We Believe: A Study Guide to Biblical Principles

NEW



We Believe

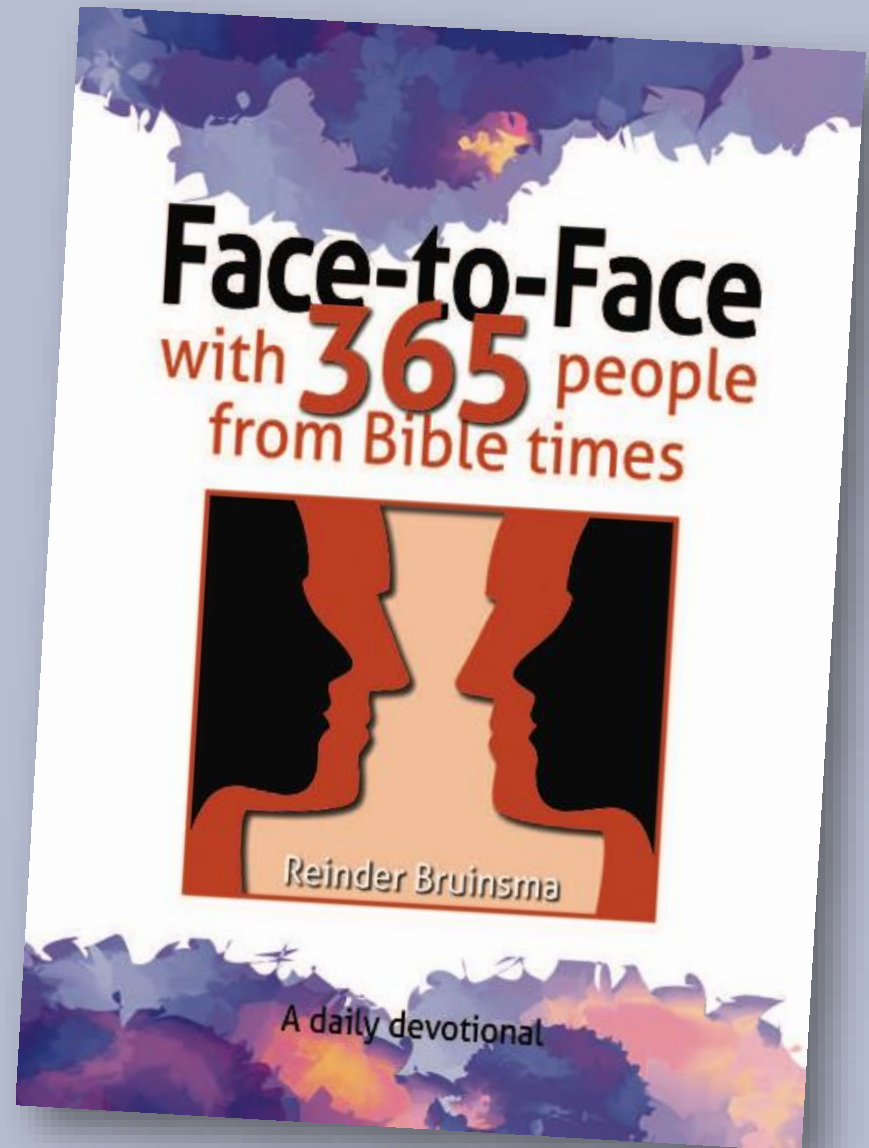
A Study Guide of Bible Principles

Since it first appeared in 1988, *Seventh-day Adventists Believe* has gone through six different printings, with over 500,000 copies in circulation. People all over the world have found it extremely useful as a volume that points to the Christ-centred nature of our doctrines.

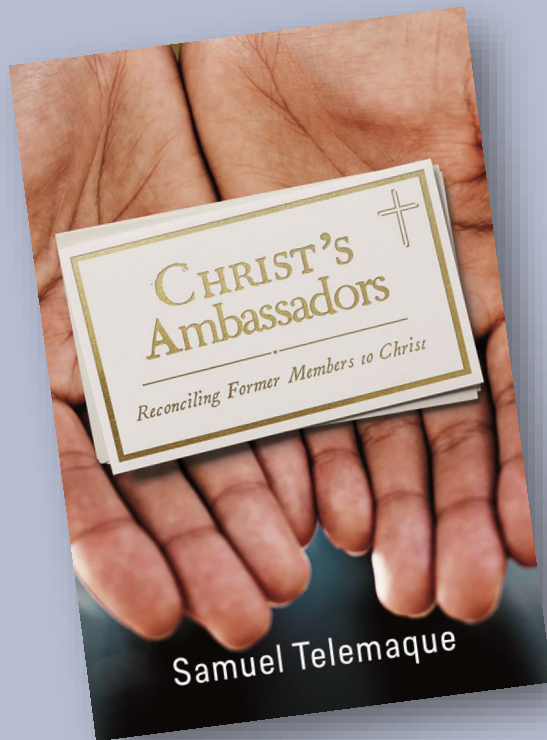
Now, in this book, *We Believe* is presented in a handy study guide format – a thorough, in-depth study of Bible lessons, using questions and answers, true-or-false questionnaires, and simple illustrations and stories to help every member understand the main points of our faith.

Face-to-Face: With 365 people from Bible times

The Bible is a book about real people, with all their quirks and flaws. What lessons can we learn from them for ourselves today? In this accessibly written devotional, respected church theologian Dr Reinder Bruinsma puts them under the spotlight with all his characteristic honesty and warmth. Some of them might surprise you!

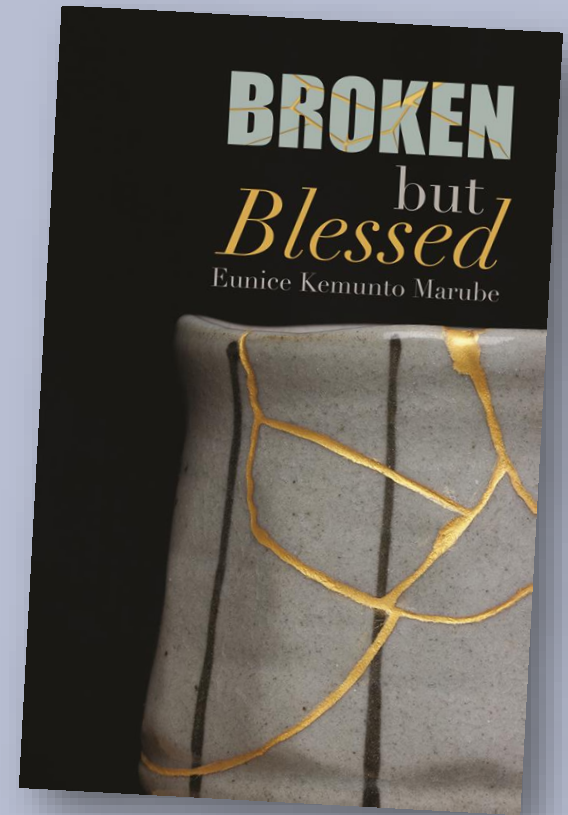


Church Resources



Christ's Ambassadors

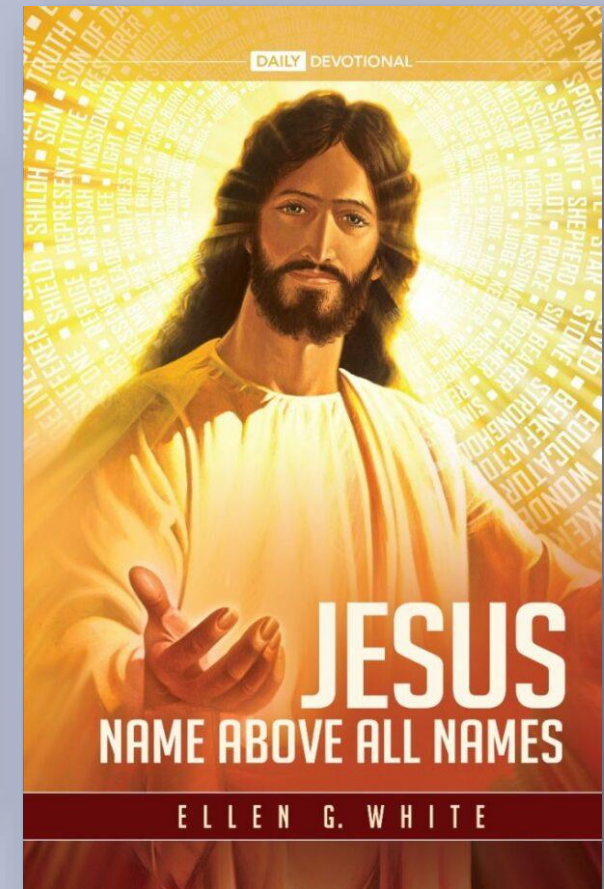
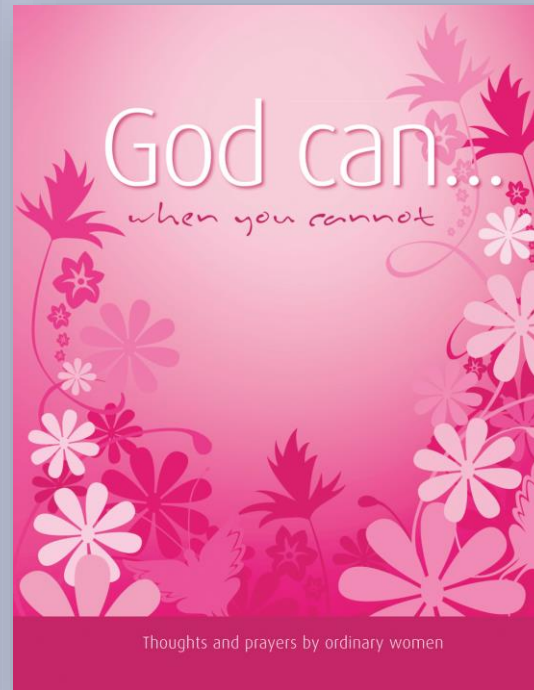
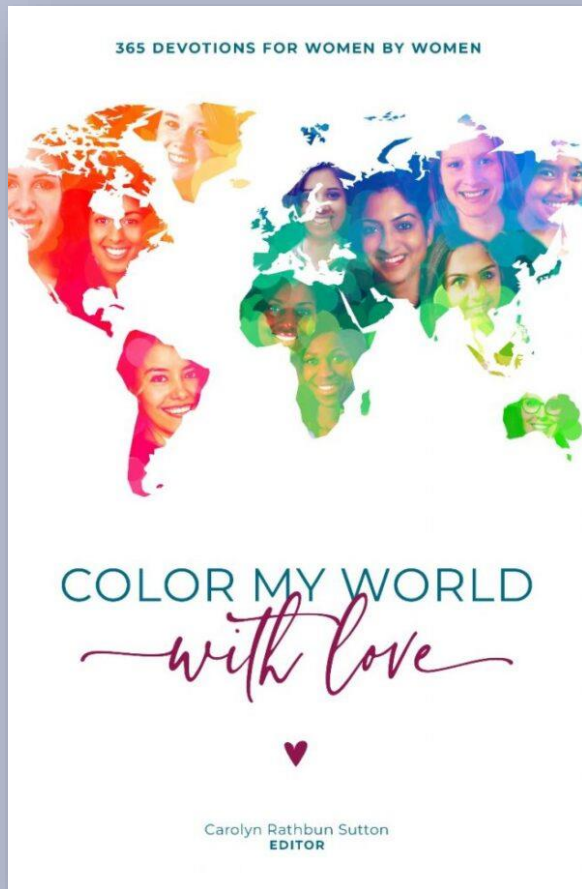
Look around at your empty pews. Where are all your brothers and sisters who once worshipped with you? Pastor Samuel Telemaque presents a practical step-by-step guide on how you can contact, talk to and reclaim the people who once worshipped at your church.



Broken but Blessed

Discover the life story and spiritual lessons of one broken and restored woman. She holds nothing back so that you might see the powerful redeeming love of God. For every pain there's a purpose.

Devotionals

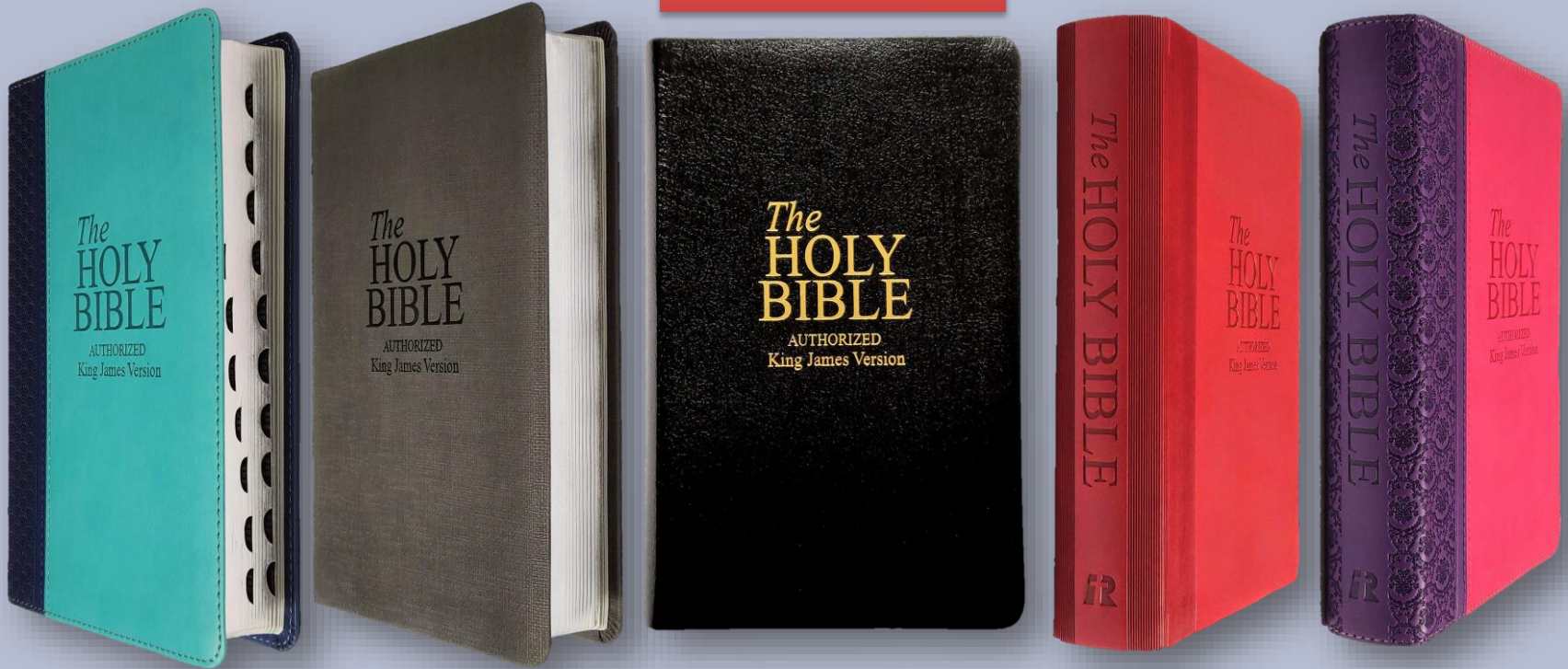


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Devotionals for women, for couples, for teens, for children. These beautiful books make ideal gifts and encourage regular study sessions and family time.

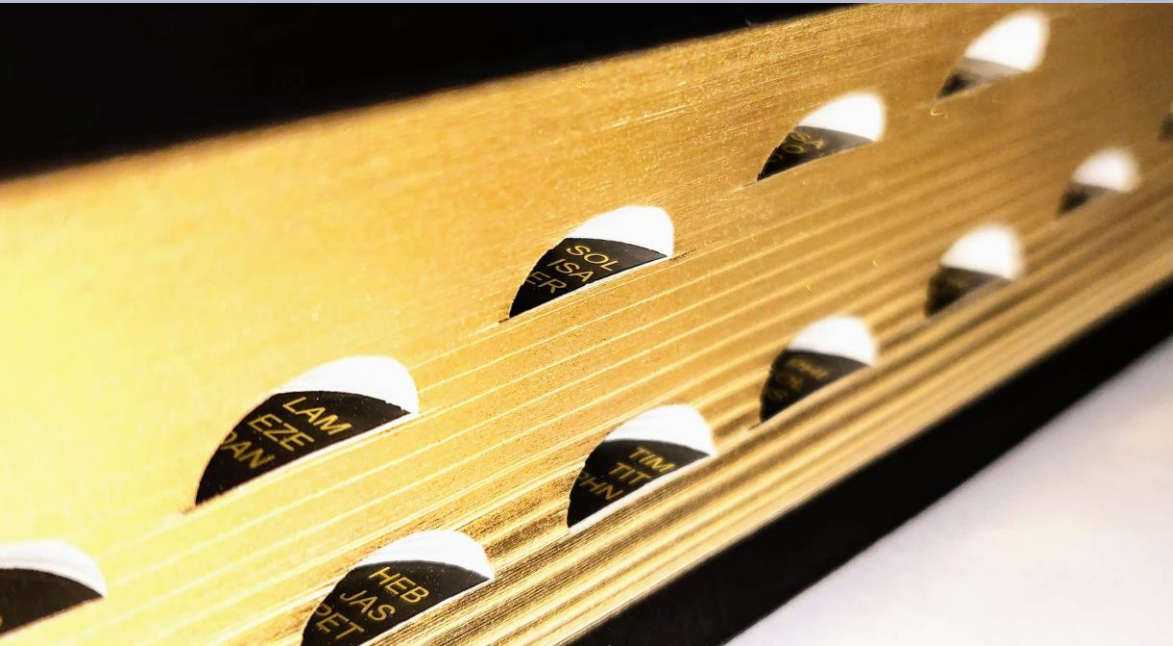
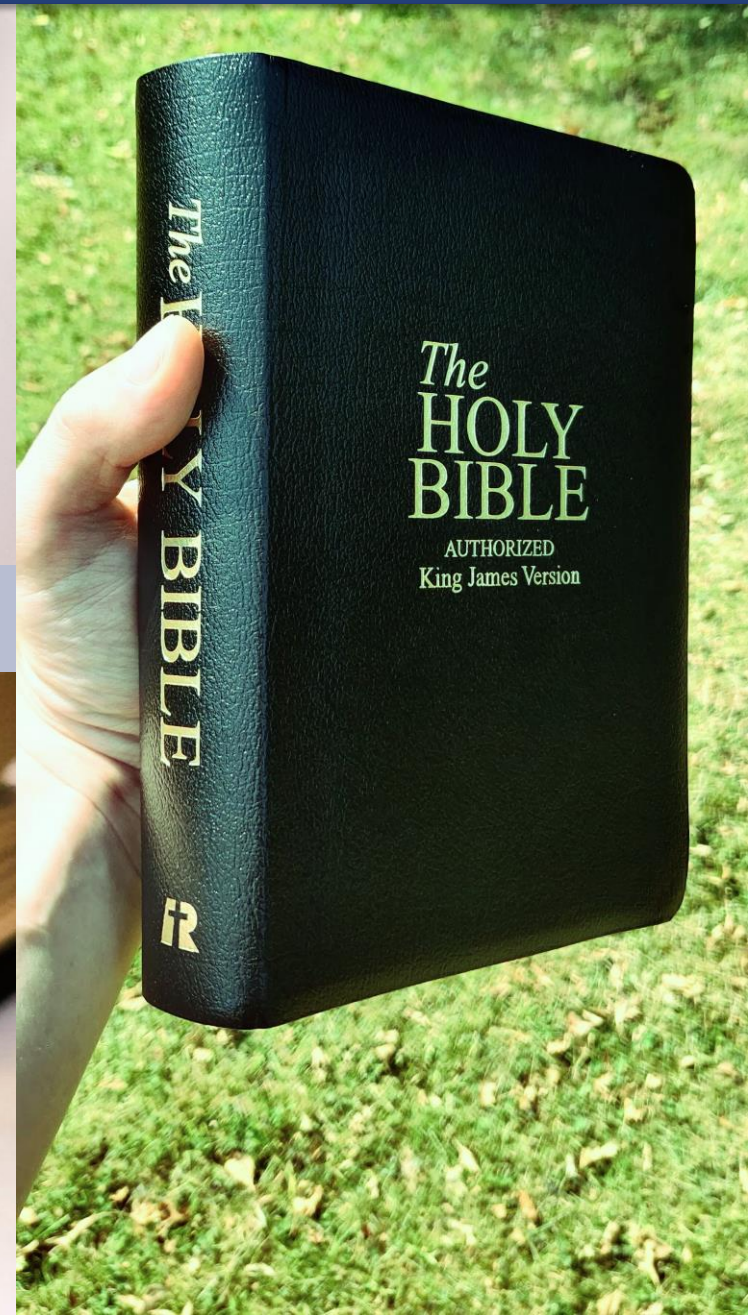
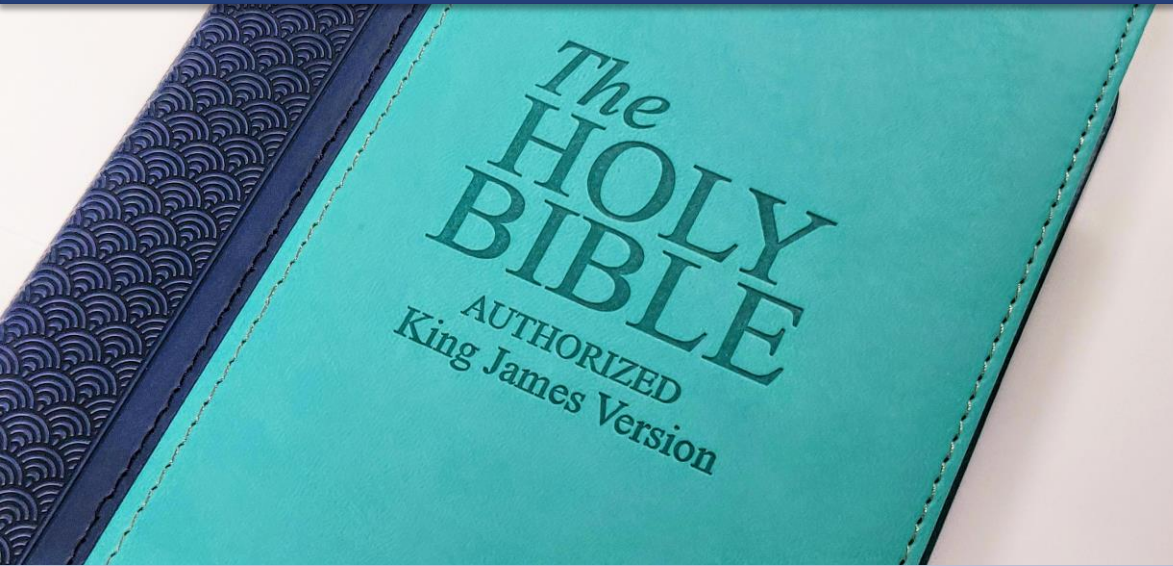
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KJV Bible with Mark Finley Study Helps



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PSALMS 100-102

3 Let them praise thy great and terrible name; *for it is holy.*
4 *The king's strength also loveth judgment; thou dost establish equity, thou executest judgment and righteousness in Jacob.*

5 Exalt ye the LORD our God, and worship at *his footstool; for he is holy.*

6 *Moses and Aaron among his priests, and Samuel among them that call upon his name; they called upon the LORD, and he answered them.*

7 *He spake unto them in the cloudy pillar: they kept his testimonies, and the ordinance that he gave them.*

8 Thou answeredst them, O LORD our God: *thou wast a God that forgavest them, though thou tookest vengeance of their inventions.*

9 *Exalt the LORD our God, and worship at his holy hill; for the LORD our God is holy.*

PSALM 100

A Psalm of praise.

MAKE *a joyful noise unto the LORD, all ye lands.*

2 Serve the LORD with gladness: *come before his presence with singing.*

3 Know ye that the LORD he is God: *it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.*

4 *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.*

5 *For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.*

PSALM 101

A Psalm of David.

I WILL sing of mercy and judgment: *unto thee, O LORD, will I sing.*

2 I will *behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart.*

706

Exhortation to praise God

PSALM 99

4 Job 36:5-7

5 Ps. 132:7

5 Lev. 19:2

5 Or, it is holy

6 Jer. 15:1

6 Ex. 14:15

1 Sam. 7:9

7 Ex. 33:9

8 Num. 14:20

8 Deut. 9:20

9 Ps. 34:3

PSALM 100

• Ps. 145, title

• Or, thanksgiving

1 Ps. 95:1

1 Heb. all the earth

3 Eph. 2:10

3 Or, and his we are

3 Ezek. 34:31

4 Ps. 116:17

5 Ps. 136:1

5 Heb. to generation and generation, Ps. 89:1

21 Sam. 18:14

21 Ki. 11:4

Heb. thing 3 of Belial

Ps. 97:10

Josh. 23:6

Ps. 119:115

Prov. 6:17

Or, perfect 6 in the way

Heb. shall 7 not be established

Ps. 75:10

Jer. 21:12

Ps. 48:2, 8

PSALM 102

Or, for

Ps. 61:2

Ps. 18:6

Ps. 69:17

Ps. 71:2

Jas. 4:14

Or (as some read), into smoke

Job 30:30

Ps. 31:10

Ps. 37:2

Job 19:20

Or, flesh

Job 30:29

Is. 34:11

Ps. 77:4

Ps. 38:11

Acts 26:11

Acts 23:12

Ps. 42:3

3 I will set no wicked things before mine eyes: *I hate the work of them that turn aside; it shall not cleave to me.*

4 A froward heart shall depart from me: *I will not know a wicked person.*

5 Whoso privily slandereth his neighbour, him will I cut off: *him that hath an high look and a proud heart will not I suffer.*

6 Mine eyes shall be upon the faithful of the land, that they may dwell with me: *he that walketh in a perfect way, he shall serve me.*

7 He that worketh deceit shall not dwell within my house: *he that telleth lies shall not tarry in my sight.*

8 I will early destroy all the wicked of the land; *that I may cut off all wicked doers from the city of the LORD.*

PSALM 102

A Prayer of the afflicted, when he is overwhelmed, and poureth out his complaint before the LORD.

HEAR my prayer, O LORD, and let my cry come unto thee.

2 *Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day when I call answer me speedily.*

3 *For my days are consumed like smoke, and my bones are burned as an hearth.*

4 My heart is smitten, and I withered like grass; *so that I forget to eat my bread.*

5 By reason of the voice of my groaning my bones cleave to my skin.

6 *I am like a pelican of the wilderness: I am like an owl of the desert.*

7 I watch, and am as a sparrow alone upon the house top.

8 Mine enemies reproach me all the day; *and they that are mad against me are sworn against me.*

9 *For I have eaten ashes like bread, and mingled my drink with weeping.*

The mercies of God

10 Because of thine indignation and thy wrath: *for thou hast lifted me up, and cast me down.*

11 *My days are like a shadow that declineth; and I am withered like grass.*

12 But thou, O LORD, shalt endure for ever; and thy remembrance unto all generations.

13 Thou shalt arise, and have mercy upon Zion: *for the time to favour her, yea, the set time, is come.*

14 For thy servants take pleasure in her stones, and favour the dust thereof.

15 So the heathen shall fear the name of the LORD, and all the kings of the earth thy glory.

16 When the LORD shall build up Zion, he shall appear in his glory.

17 He will regard the prayer of the destitute, and not despise their prayer.

18 This shall be written for the generation to come: and the people which shall be created shall praise the LORD.

19 For he hath looked down from the height of his sanctuary; from heaven did the LORD behold the earth;

20 *To hear the groaning of the prisoner; to loose those that are appointed to death;*

21 *To declare the name of the LORD in Zion, and his praise in Jerusalem;*

22 *When the people are gathered together, and the kingdoms, to serve the LORD.*

23 He weakened my strength in the way; he shortened my days.

24 *I said, O my God, take me not away in the midst of my days: thy years are throughout all generations.*

25 *Of old hast thou laid the foundation of the earth: and the heavens are the work of thy hands.*

26 *They shall perish, but thou shalt endure: yea, all of them shall wax old like a garment; as a*

707

PSALM 102

10 Ps. 30:7

11 Eccl. 6:12

11 Is. 40:6-8

Jas. 1:10

12 Ps. 9:7

12 Ps. 135:13

13 Is. 60:10

13 Is. 40:2

14 Ps. 79:1

15 1 Ki. 8:43

16 Is. 60:1, 2

17 Neh. 1:6

18 Rom. 15:4

18 Ps. 22:31

19 Deut. 26:15

20 Ps. 79:11

20 Heb. the children of death

21 Ps. 22:22

23 Heb. afflicted

23 Job 21:21

24 Is. 38:10

24 Ps. 90:2

25 Heb. 1:10

26 Heb. 3:4

stand

Mal. 3:6

Heb. 13:8

Ps. 69:36

PSALM 103

Ps. 104:1

Ps. 130:8

Is. 33:24

Ex. 15:26

Ps. 5:12

Is. 40:31

Ps. 147:19

Ex. 34:6, 7

Heb. great 8 of mercy

Ps. 30:5

Ezra 9:13

Heb. according to the height of the heaven

Is. 43:25

Mal. 3:17

Eccl. 12:7

1 Pet. 1:24

Job 14:1, 15

2

PSALM 103

PSALM 103

A Psalm of David.

vesture shalt thou change them, and they shall be changed: *star*

27 But thou art the same, and thy years shall have no end. *star*

28 *The children of thy servants shall continue, and their seed shall be established before thee.*

BLESS the LORD, O my soul: and all that is within me, bless his holy name.

2 Bless the LORD, O my soul, and forget not all his benefits:

3 *Who forgiveth all thine iniquities; who healeth all thy diseases;*

4 *Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;*

5 *Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.*

6 The LORD executeth righteousness and judgment for all that are oppressed.

7 He made known his ways unto Moses, his acts unto the children of Israel.

8 The LORD is merciful and gracious, slow to anger, and plenteous in mercy.

9 He will not always chide: neither will he keep his anger for ever.

10 He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.

12 As far as the east is from the west, so far hath he removed our transgressions from us.

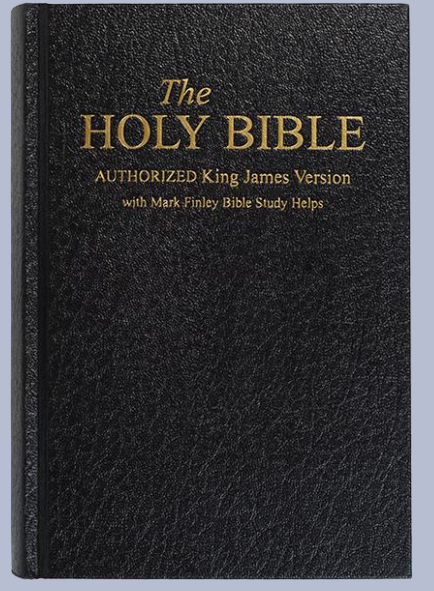
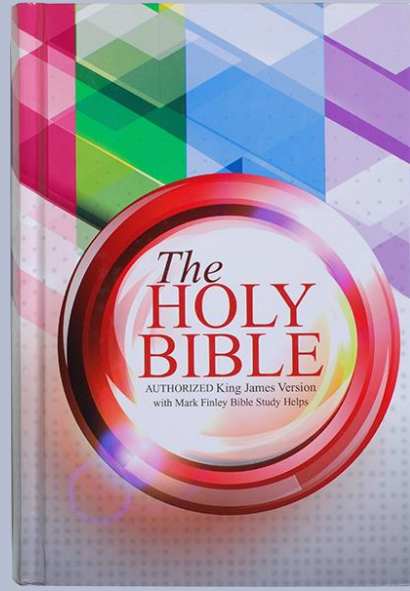
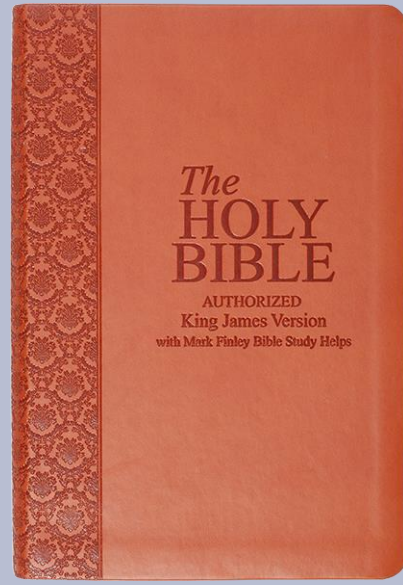
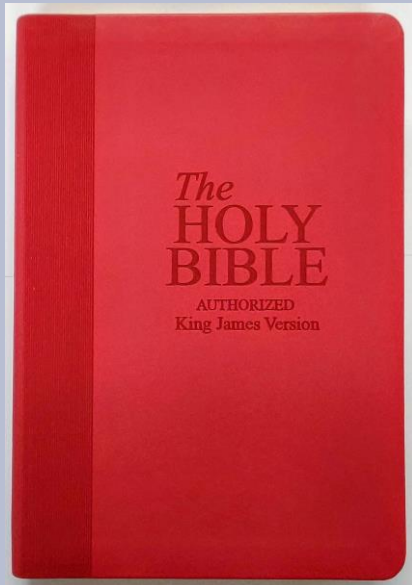
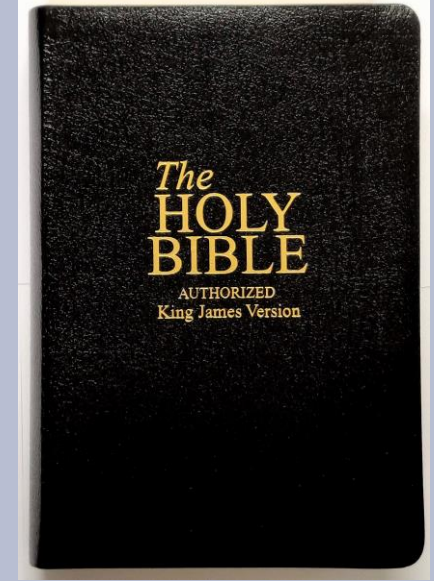
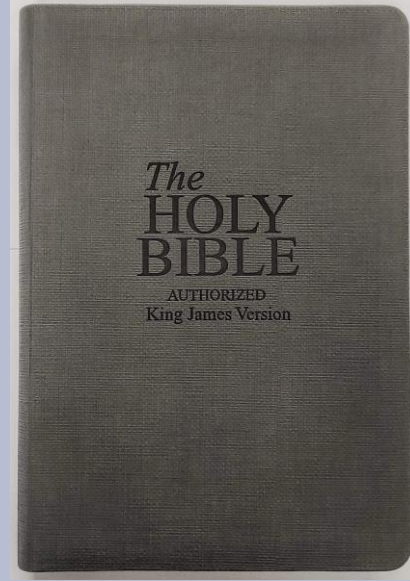
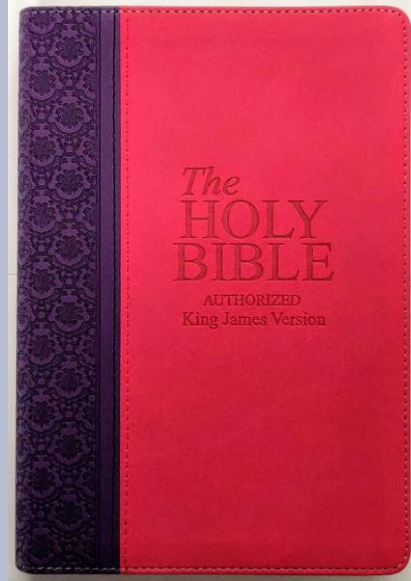
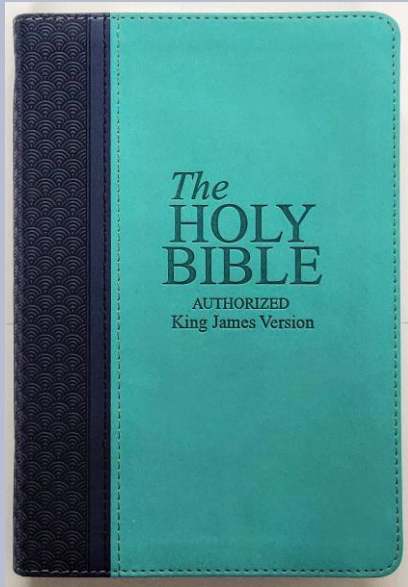
13 Like as a father pitieth his children, so the LORD pitieth them that fear him.

14 For he knoweth our frame; he remembereth that we are dust.

15 As for man, his days are as grass: as a flower of the field, so he flourisheth.

16 For the wind passeth over

KJV Bible with Mark Finley Study Helps



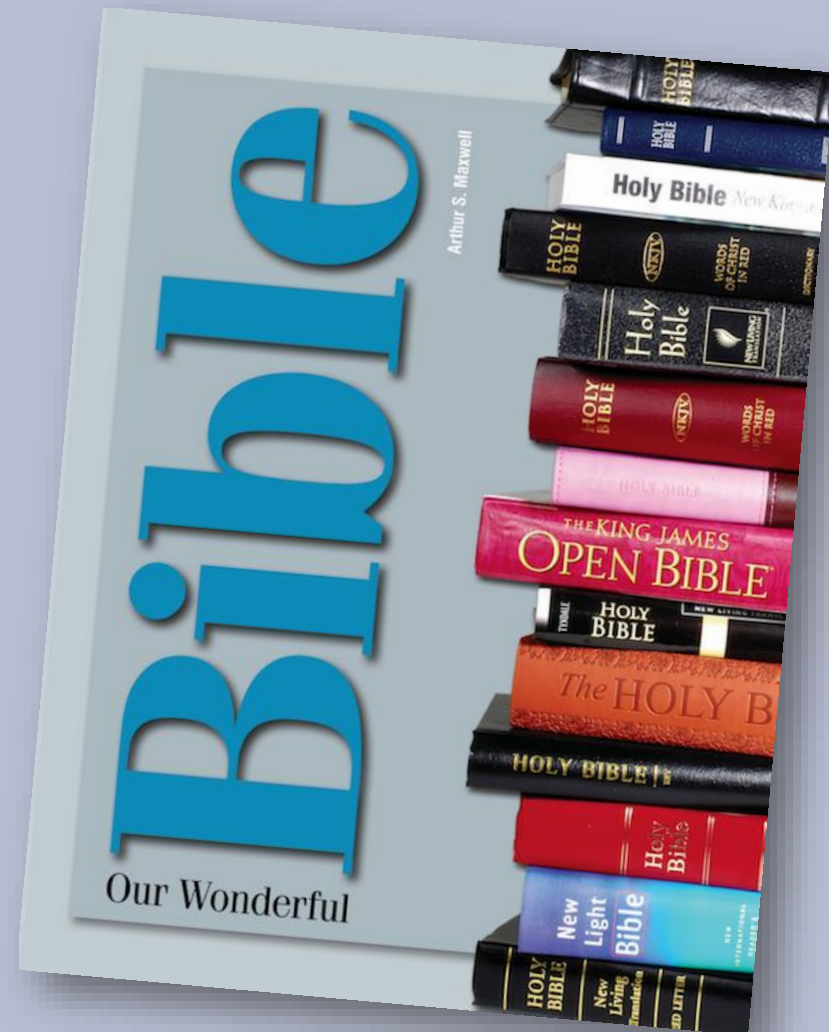
Our Wonderful Bible

What is it really about: A Celebration of the remarkable nature of the Bible

Who is the book for: for those who want to celebrate their faith, and the authority of the Bible. It is probably not for those who have no Biblical appreciation.

Why is the book essential? The Bible is the the sole source of Authority for most Christians, understanding why and how this is so is critical.

What is the relevance at this time? This is an updated classic first published at least 60 years ago. The Sola Scriptura principle that arises from the 500 year Reformation season, makes this book of current interest.



Our Wonderful Bible

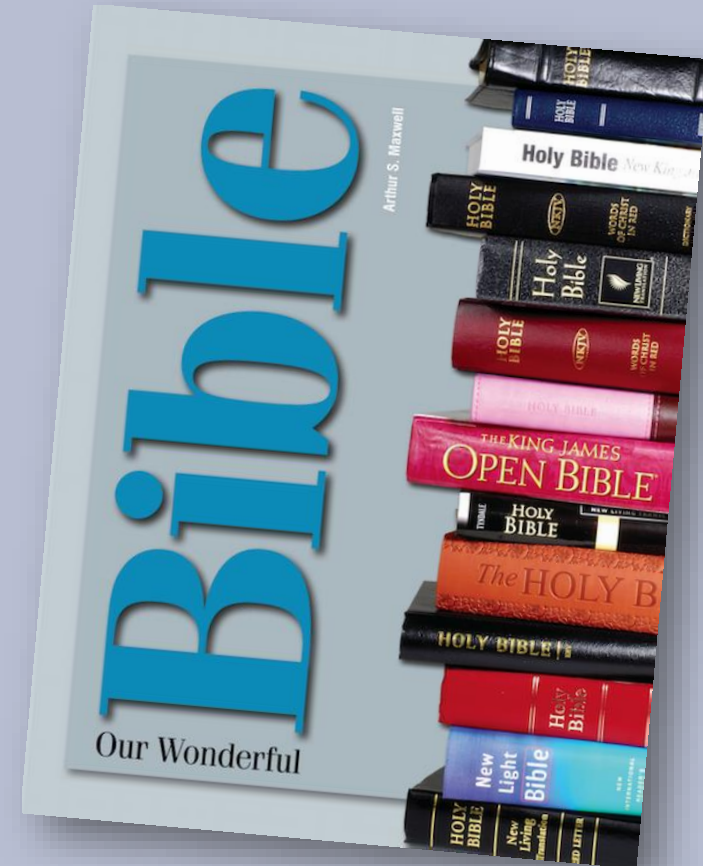
This 120 page Magabook features 12 'Wonderful' Superlative themes of the Bible. Highly illustrated, full colour, with current quotes and highlights.

Chapter 1 – Establishing the Bible as an intergenerational Treasurer. A work of Value. A societal Asset above and beyond other forms of literature. It underlines much of our culture, and understanding of the world.

Chapter 2 – Introducing the 'who'. Jesus the central focal character in the Bible. OT points forward to Christ the fulfillment of prophecy, the life and teaching of Christ, and the promise of the Messiah.

Chapters 3-11 – The Bible's values – Love, Righteousness, Salvation, Power, Peace, Comfort, Promises, Certainty, Hope. Each of which are 'wonderful'.

Chapter 12 – The wonder of Heaven, Eternity, Life with God/Christ. The remarkable nature of the Bible/Gospel must be appreciated.



Our Wonderful Bible



6 Our Wonderful Bible

Chapter One

Wonderful treasure

'Again, the kingdom of heaven is like a treasure hidden in a field ...'
Matthew 13:44, NKJV.

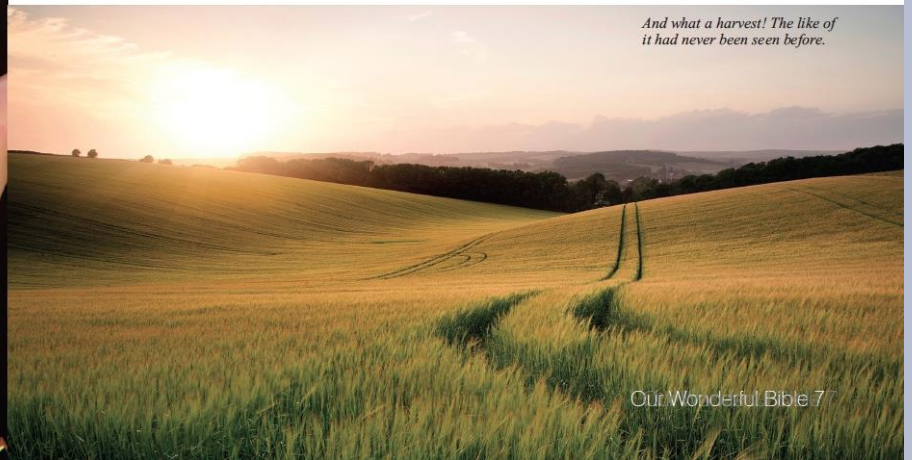
'My treasure,' ran the will of a rich farmer, 'is buried in my fields. If my sons want to be rich, let them dig for it.'

Believing that their father had hidden his money, possibly for safety, in an iron-bound chest in some corner of his farm, the three sons set out with great eagerness to find it.

Armed with forks, spades, tractors and farm implements, they dug with great enthusiasm and perseverance, but seemingly to no purpose. Carefully they turned over the soil in every field, digging to a depth no plough had ever reached. But still no sign of box or money was found.

Springtime came and the search was abandoned so that the land could be planted with crops. Then came summer and harvest. And what a harvest! The like of it had never been seen before. In digging for the treasure the boys had made themselves rich.

And what a harvest! The like of it had never been seen before.



Our Wonderful Bible 7

Our Wonderful Bible

'It is impossible rightly to govern the world without God and the Bible.'
George Washington, founding president of the USA

'The New Testament is the very best book that ever was or ever will be known in the world.'
Charles Dickens, writer

'[The King James Version] is the most beautiful piece of writing in any language.'
H. L. Mencken, writer

'[The Bible] is no mere book, but a living creature with a power that conquers all who oppose it.'
Napoleon, French General and Emperor

Martin Luther and William Tyndale established that 'the right to read and interpret the Bible is the birthright of all Christians.'
Alister McGrath, professor, Oxford

All of us have inherited a similar treasure, a family heirloom that has come down to us through many generations. It is buried, too; buried in a book! He who bequeathed it says to us, 'If My children want to be rich – rich beyond their brightest dreams – let them explore this Book; for in it lies the secret key to all the treasures of Heaven.'

That Book is the Bible. In many respects it is just like any other book. It stands in the bookcase indistinguishable from other books except for its life-transforming content. From the outside no one would suspect it to be any more valuable than the rest. Inside, however, it contains treasure beyond price. All who turn its pages with earnest, reverent, and loving hands will reap a harvest of spiritual blessings – of peace, power, wisdom, goodness, inspiration – the very help that you perhaps have sometimes longed for and never thought possible.

Riches beyond comparison

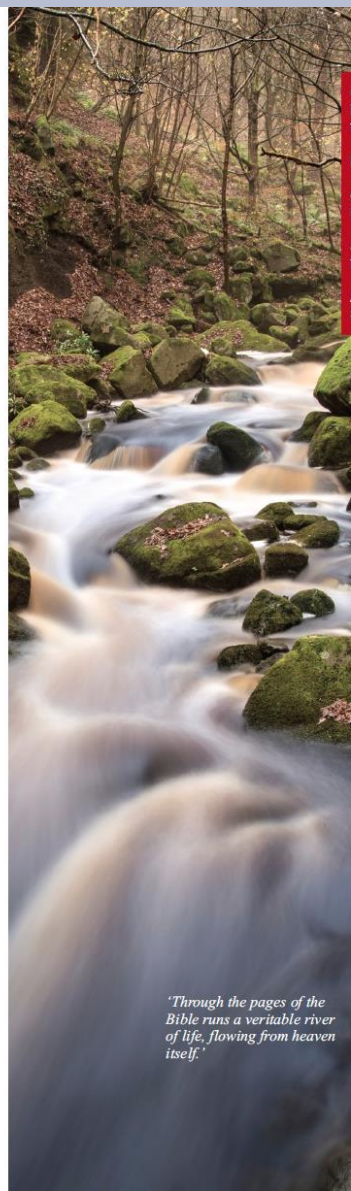
This is a treasure worth digging for; and the more you dig, the more you will find. Every turn of the spade will reveal fresh gems. You will find strength in weakness, comfort in sorrow, friendship in loneliness, hope in discouragement. You will glimpse eternal things. You will discover how Earth is linked to Heaven with ties that can never be broken. The Bible will help you to understand God. In Christ He will become both near and dear to you.

*Other books were given for our information.
The Bible was given for our transformation.*

The treasure is available for all. Every child of God is heir to it; no one is debarred from searching for it. The Bible speaks to everyone, without distinction. To old and young, rich and poor, high and low, it brings the same strong, helpful counsel, the same rich spiritual enlightenment.

Come to it in the freshness of youth, wondering, dreaming, hoping, and you will find it an inspiration to every worthy ambition. Come to it conscious of sin, burdened with a desire to live a better life, and you will find it speaking to you of a way of escape, of free pardon, of the gift of peace, of power to overcome evil. Come depressed in spirit, through the hardness of the way and the perplexities of life, and you will find it speaking of rest in the Lord, of casting all burdens upon Him. Come to it in desperate sorrow because of some crushing bereavement, and you will find it speaking of divine comfort, of life everlasting, and glad reunion beyond the grave.

Through the pages of the Bible runs a veritable river of life, flowing from Heaven itself. Begin to study it, and the healing, cleansing flood will flow through every channel of your mind, restoring, invigorating, inspiring, with new and abundant life. Vision will be clarified, judgement corrected, ambition purified. Given free course, it will swell into a mighty torrent, sweeping away all that is unlovely, unholy, and untrue – all that hinders the making of a great human life – and stimulating the development of



'Through the pages of the Bible runs a veritable river of life, flowing from heaven itself.'

GOING STRONG Eighteenth Century French philosopher Voltaire said that within a hundred years of his time Christianity would be swept out of existence and pass into the obscurity of history.

Nevertheless, fifty years after his death, the Geneva Bible Society was using his house – and his printing press! – to produce stacks of Bibles.

It is almost a century and a half after Voltaire's deadline. Christianity is still going strong. That is because the Bible is not just going strong, but attracting more interest than ever before.

It is estimated that the Bible is the World's Bestseller and that 6 billion copies are printed and distributed every year. The Bible's nearest competitor is a book titled *Quotations from Chairman Mao*.

According to the Bible Society the Bible is currently available in 2,000 languages. At present the United Bible Society is involved in 600 translation projects covering 500 languages.

every noble quality. Bursting forth finally in glowing, irresistible activity it will spread out in ever-widening circles of selfless service for the love of God and the good of humanity.

A book of wonders

Here is a truly wonderful Book. Wonderful in its revelation of the love of God for man. Wonderful in its story of Jesus – God in Christ reconciling the world to Himself. Wonderful for the full salvation that it offers to old and young alike. Wonderful for the richness of its gifts of peace and comfort. Wonderful for its explanation of the past, its interpretation of the present, and its expectation of the future. Wonderful for the hope it inspires of life beyond the grave and glory without end. Wonderful for the heaven it pictures as our eternal home.

No wonder the Bible has lasted through the centuries. No wonder it is still the world's bestseller. No wonder it is still cherished by those who read it as their most treasured possession. No wonder that, in this materialistic century, people are still turning to it and realising how barren life is without it.

Who left this legacy?

Where did this Wonder Book come from? From God. Men wrote it, but God inspired it. 'All Scripture,' said the apostle Paul, was given 'by inspiration of God'.¹ 'Prophecy never came by the will of man,' added the apostle Peter, 'but holy men of God spoke as

'When you read God's Word, you must constantly be saying to yourself, "It is talking to me and about me."'
Soren Kierkegaard, Danish philosopher

'I am profitably engaged in reading the Bible. Take all of this Book that you can by reason and the balance by faith, and you will live and die a better person.'

Abraham Lincoln, 16th president, USA

'The studious perusal of [the Bible] will make better homes, better citizens, better fathers and better husbands.'

Thomas Jefferson, 3rd president, USA

'The first and almost only book deserving of universal distinction is the Bible. I speak as a man of the world to the men of the world and I say to you "Search the Scriptures".'

John Quincy Adams, 6th president, USA

Our Wonderful Bible

they were moved by the Holy Spirit.¹² Working with them, guiding their thoughts and inspiring their expression was 'the Spirit of Christ'.³

How else could it have been? Were the Bible not inspired it would have perished centuries ago. Other books written at the same time have mouldered into dust. If this had not been God's Book – if His hand had not been over it in divine protection – it would long since have suffered the same fate.

The Bible that is falling apart usually belongs to a person who isn't.

Think of its authorship. There was Moses, 'learned in all the wisdom of the Egyptians', there was Joshua, the valiant captain of his people, David the shepherd boy who became king, Solomon king of Israel, Isaiah the prophet, Daniel the prime minister of Babylon, Amos the herdsman, Matthew the tax man, Luke the doctor, Peter the fisherman, Paul the scholar, and many others. What a company to write a book! Yet all the separate parts they each contributed blend together into a perfect whole. Every section has its purpose, revealing some fresh light on God's plan and yielding new glimpses of His love.

Think of where the Bible was written. Parts of it in the wilderness of Sinai; some in Babylon; more in Jerusalem; a few chapters in Rome; and the last book on the isle of Patmos. Most of it, too, was written under most distressing and difficult conditions – in the desert, in tents, in exile, in captivity, in prison. Only God could have helped these men to write with such divine insight, such heavenly power, under such hostile circumstances.

Unity in diversity

Think also of when it was written. At least sixteen hundred years separate the earliest book from the last. Job probably dates back to 1500 BC, and the books of Moses to just a little later. John wrote last, his Gospel and the book of Revelation being finished near the close of the first century AD. In all the long centuries between Job and John came the other books, books of poetry and prose, prophecy and history, Gospels and letters, books on all sorts of subjects, by all sorts of people, in all sorts of places, yet all speaking of the same God, and uplifting the same standard of righteousness, all telling of the same plan of salvation, all looking forward to the same glorious Heaven, and not one contradicting another. That would have been impossible without the inspiration of the Holy Spirit.

This marvellous unity of the Bible testifies powerfully to its divine origin. So

also does its amazing preservation through the centuries. Time after time its enemies have tried to stifle its voice, but always in vain. No persecution, however severe, no subtle attacks, however cunning, have been able to destroy it or diminish its influence for good.

Amazing vitality

Roman emperors, angered by the obvious power of the sacred writings to turn men from Caesar-worship to Christ, decreed their doom with that of the early Church. They were thrown into the flames; but here and there some copies were overlooked or secreted by loyal and courageous souls; and so the Bible lived on through the fiercest persecutions of those dangerous times.

Then followed the papal persecutions. When the Bible began to speak in new tongues and the awful gulf that had come between its teachings and the Church became visible, then popes, bishops, and priests fulminated against it with even greater ferocity than the pagan emperors. Wycliffe and his followers were bitterly persecuted; Huss was burned, Tyndale was strangled and burned, and many other men and women of God were done to death in other ways. With the great reformers thousands of copies of the Bible perished too. Yet it lived. For the printing press had come and no power on earth could stop it.

Then a new peril arose. Critics within and without the new reformed churches sought to minimise its value, to laugh at its history and scorn its prophecies. It was, they said, only 'folklore', after all, a quite unreliable record. People wondered; its staunchest supporters trusted, hoped, prayed. Then archaeologists began to work, and from the dust of Egypt, the soil of Palestine, and the sandy wastes of Babylonia, they discovered find after find proving the accuracy of every detail of the Bible.

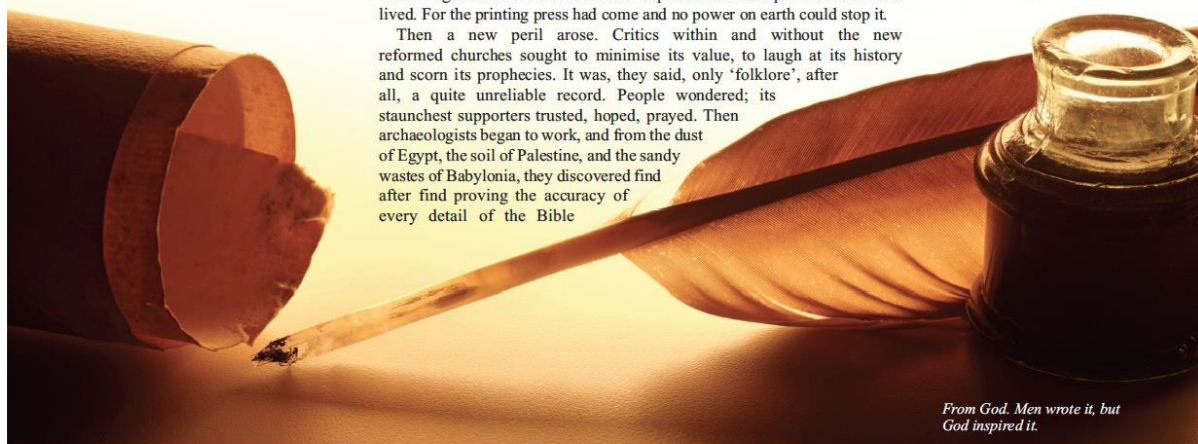
JOHN WYCLIF For a thousand years the Bible was available to the peoples of Western Europe only in Jerome's Latin Vulgate Version.

Occasionally scholars – among them Caedmon of Whitby, Bede of Jarrow and King Alfred the Great of Wessex – would translate a part of the Bible into the language spoken by ordinary people.

The whole Latin Bible was first translated in its entirety into English under the guidance of Oxford scholar John Wyclif.

The Church felt threatened by Wyclif's translation and his teaching. Repeated attempts were made to destroy him. But Wyclif enjoyed the protection of John of Gaunt, the King's son. Wyclif died on the last day of 1384. Handwritten copies of his English Bible were distributed by the Lollards and helped prepare the way for the Reformation in England.

So hostile was the Catholic Church to Wyclif's Bible that more than a quarter of a century after his death, his body was dug up and burned. Sadly, Lollards were often burned alive for distributing Wyclif's handwritten Bibles.



From God. Men wrote it, but God inspired it.

Our Wonderful Bible

WILLIAM TYNDALE English scholar and reformer William Tyndale was the first person to harness printing to publish an English New Testament.

Tyndale's vision was to replace the Latin Bible with an English Bible ordinary people could read. Unlike Wyclif, Tyndale did not translate from the Latin. Tyndale translated from the languages in which the Bible was originally written: Hebrew and Greek.

In the early years of the reign of King Henry VIII, Tyndale had to leave England for Germany. The English Church, believing that its faults and errors would be revealed by an English Bible, made attempts to arrest Tyndale. Even when he escaped to Germany, agents of the English Church and of Emperor Charles V continued to pursue Tyndale. His first attempt to publish an English New Testament, at Cologne, was interrupted when Imperial troops arrived at the printing house. With no time to lose, Tyndale escaped along the Rhine to the Protestant city of Worms. There in 1526 he successfully published the first English New Testament.

Tyndale had many contacts in the wool trade. His New Testaments were smuggled to England along the Rhine in bales of cloth.

The anger of English churchmen was such that hundreds of Tyndale New Testaments were confiscated and burned. That had the effect of stimulating demand. More and yet more Tyndale Testaments were smuggled into England.

Meanwhile, Tyndale was working on his translation of the Old Testament. He had reached 2 Chronicles when he was arrested in Antwerp in 1535 on the orders of the Imperial authorities in Brussels. On 6 October 1536 Tyndale was strangled, then burned at Vilvorde Castle. His final words were, 'Lord, open the King of England's eyes!'

In the years prior to his arrest Tyndale had been assisted by Miles Coverdale. Coverdale completed Tyndale's translation of the Old Testament.

And God answered Tyndale's dying prayer. Things changed in England. Thomas Cromwell, Secretary of State, and Thomas Cranmer, Archbishop of Canterbury, secured King Henry's approval for the publication of the English Bible in 1537 – in England!

In the reign of Henry's successor, Edward VI (1547-53) the English Bible was widely distributed.

Scholars assert that the King James Version of the Bible, published in 1611, was largely based on Tyndale's work done more than eighty years earlier.

story. Biblical manuscripts of great antiquity were discovered, proving that the biblical text had not been corrupted in the centuries before the invention of printing. In 1947 cylindrical jars were found in caves fronting the Dead Sea. They contained ancient, handwritten copies of Old Testament books, thus proving that God had kept the books of the prophets unchanged through twenty centuries.

That is another of the characteristics of this wonderful Book. It outlives its foes. The passing centuries consume its enemies and leave it more strongly entrenched than ever in its impregnable position as the Word of God. As H. L. Hastings, that stalwart champion of the Scriptures, said:

'The Bible is a Book which has been refuted, demolished, overthrown, and exploded more times than any other book you ever heard of. Every little while somebody starts up and upsets this book; and it is like upsetting a solid cube of granite. It is just as big one way as the other; and when you have upset it, it is right side up, and when you overturn it again, it is right side up still. Every little while somebody blows up the Bible; but when it comes down, it always lights on its feet, and runs faster than ever through the world.'

On one occasion Jesus said: 'Heaven and earth will pass away, but My words will by no means pass away';² and though at the time nothing seemed more improbable, how true His statement has proved! The actual synagogue in which He so often preached, and which to His hearers appeared so durable, has long since lain in ruins, and of the Jerusalem of His day there is not one stone left upon another. Yet His words still speak with power throughout the planet. As Maclear says in his notes on the Gospel of Mark, 'His words have passed into laws, they have passed into doctrines, they have passed into proverbs, they have passed into consolations, but they have never "passed away".'

I want to know one thing: the Way to eternal life. God Himself has taught me the way. He has written it down in a book. Oh, give me that book! At any price give me the book of God. Let me be a man of one book.'
John Wesley

'The Bible has been the Magna Charta of the poor and the oppressed.'

The human race is not in a position to dispense with it.'
Thomas Huxley, scientist

Its universal appeal

Yet another wonderful fact about the Bible is the welcome that it receives from the honest in heart throughout the world. Its influence knows no boundaries of race or nationality. Its message is for all people. Some books are suited only to certain countries or cultures. But no one could ever say that about the Bible. It fits the Indian mind and the Chinese mind and the African mind, the American mind, and the British mind. It appeals with equal force to the mind of the child, and the mind of the young man and the young woman, as to the mind of the middle-aged and the seniors.

William Gladstone dominated British politics for much of the Nineteen Century and for four periods was Prime Minister. Throughout his life the Bible served as both his intellectual foundation and the impetus for his reforms. In 1891 he published a book about the Bible. He titled it The Impregnable Rock.

Other books, when translated, lose their original emphasis. Often the meaning of the author vanishes altogether. But our wonderful Bible never loses its life-giving power. The meaning of its Author can always be understood no matter in what language it is couched. Its revelation of divine love touches every living soul of every nation, tribe, language, and people group. Wherever it goes a river of life flows with it into human hearts, blessing and uplifting the race. It 'raises the poor from the dust And lifts the beggar from the ash heap, To set them among princes And make them inherit the throne of glory'.³

Blessed, beautiful, wonderful Book! Let us seek for its hidden treasures and discover the secret of its power.

²2 Timothy 3:16, NKJV. ³2 Peter 1:21, NKJV. ¹1 Peter 1:10, 11, NKJV. ⁴Matthew 24:35, NKJV. ⁵1 Samuel 2:8, NKJV.



Its message is for all people.



Health & Lifestyle

Health & Lifestyle

Healing Wonders of PLANTS

volume 1

Healing Wonders of PLANTS

volume 2

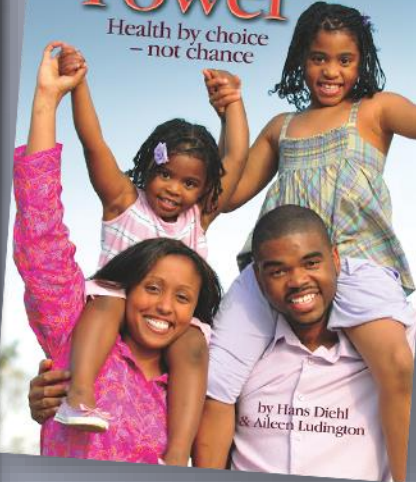
by J C Kurian

Vibrant Health



Health Power

Health by choice
— not chance



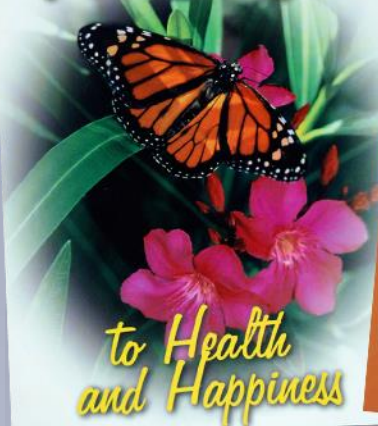
by Hans Dichl
& Aileen Ludington

understanding Nutrition



by Dr. Clemency Mitchell

Pathways



to Health
and Happiness

FAMILY MEDICAL HANDBOOK

YOUR HOME GUIDE
TO HEALTH AND BASIC
EMERGENCY CARE



Mervyn G. Hardinge, M.D., Dr. P.H., Ph.D.
Harold Shryock, M.A., M.D.

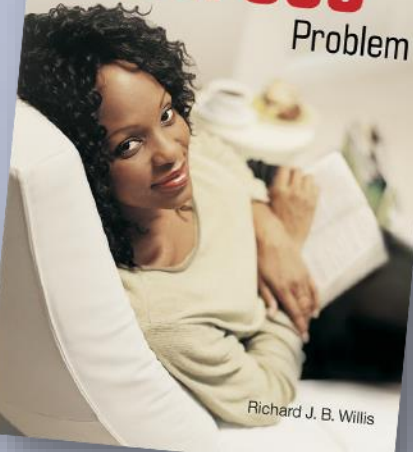
Home health care...

... simple measures for emergencies in the home.



Richard J. B. Willis
and
John M. Wilby

Cracking the Stress Problem



Richard J. B. Willis

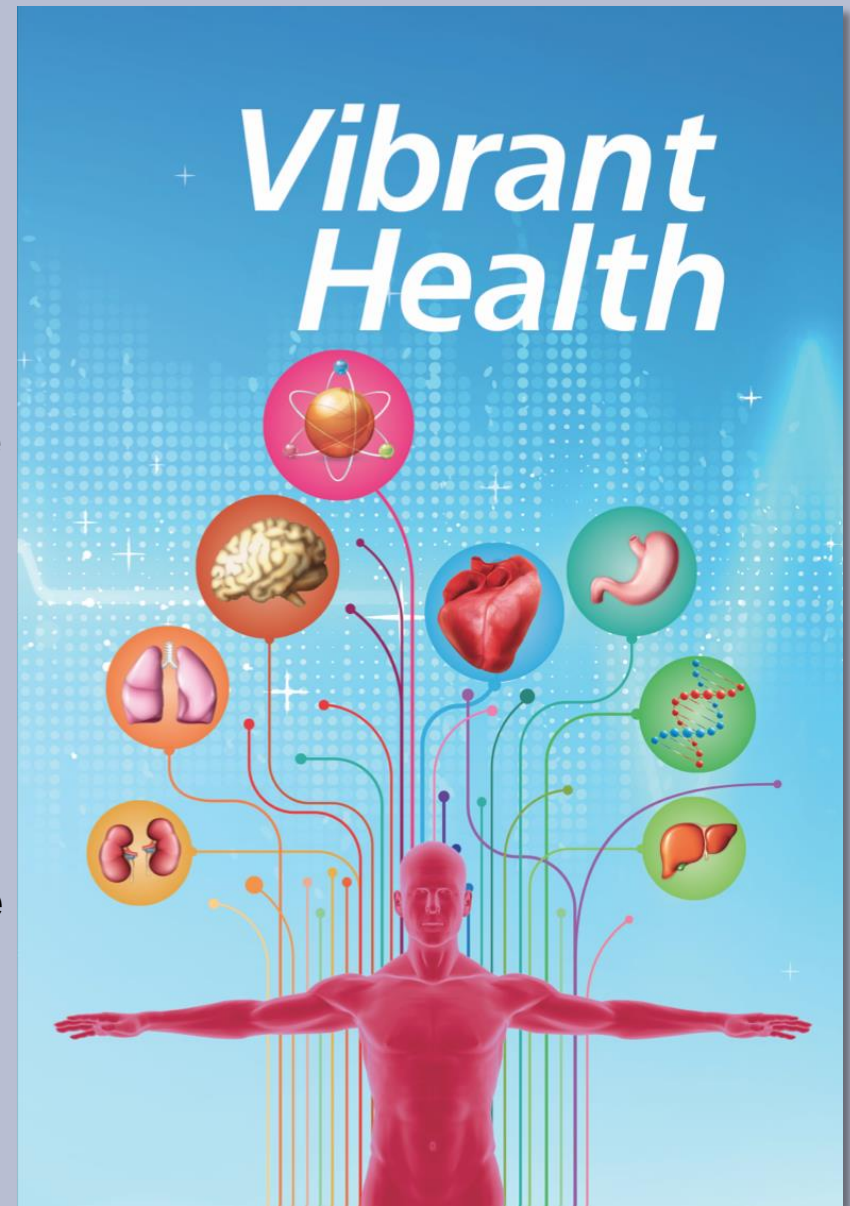
Vibrant Health

NEW

Leading physicians, health experts and top consultants have collaborated to produce a this new edition of our best seller in which the emphasis is on vibrant health, how to attain it, how to keep it, and how to recognise danger signals and take appropriate action.













Our doctors outline a health regimen – including diet, exercise and stress control – that will both greatly improve your quality of life and help you avoid the major killer diseases.











**This book presents a comprehensive guide to health for all the family.
A book directed to those who are healthy.**



Vibrant Health

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1

Stay as slim as possible without becoming underweight

Because convincing evidence shows that obesity increases the risk of breast, bowel and other cancers, control your weight, and do this by a healthy diet and regular exercise.



4

Eat mainly whole, unrefined plant foods

Such foods should include a variety of fruits, vegetables, grains and pulses, because these foods contain the fibre, antioxidants and phytochemicals that protect against cancer.



2

Have at least 30 minutes of physical activity a day

Doing this will help to protect against cancer and will also help maintain a healthy weight.



5

Limit intake of red meat and avoid processed meats

Try to steer clear of meats such as bacon, ham, salami and so on. (Better still, cut out flesh foods altogether.) Strong evidence links processed meats, especially smoked and salted meats, with bowel and stomach cancer.



3

Avoid sugary drinks and limit high-sugar, low-fibre or high-fat processed foods (junk foods).

These foods are high in calories and low in nutrients – contributing to weight gain and lowering the body's defences.



6

If consumed at all, limit alcohol to two drinks a day for men, one for women

Any alcohol at all increases the risk of cancer.



7

Avoid salty foods and foods processed with salt

They are associated with stomach cancer.



8

Get your vitamins and minerals from your food, not from supplements

It is cheaper and doesn't have the danger of upsetting the balance.



9

And don't smoke!



10

Plus a special one for mothers:

Mothers, do breastfeed your babies for the first six months; it protects you against breast cancer.



11

And one more, for cancer survivors:

Follow the diet and lifestyle recommendations for cancer prevention.



If you suspect cancer, seek medical advice at once!

If you are diagnosed with cancer:

Examine your lifestyle and as far as possible follow the World Cancer Research Fund recommendations: eat a wide variety of simple, unrefined plant foods, take regular exercise, avoid as far as possible all poisons, but especially alcohol and tobacco, and cultivate an attitude of optimism and gratitude.

All these factors, especially the last one, are vitally important for strengthening the immune system to fight cancer, but in no way do they take the place of wise and skilful medical treatment. And be sure to tell your medical team about any major changes in lifestyle that you plan to make so they can be co-ordinated with your treatment.

Information in this chapter is from the World Health Organisation, World Cancer Research Fund, Cancer Research UK, The China Study by Dr T. Colin Campbell, Ben Bella Books 2006

The **skin** is perhaps the most obvious line of defence. Invaders can't usually enter if it is clean and intact. The **nose** is well equipped for defence against foreign material that we breathe in. Its hairs filter out the larger particles of dust, and so on, and the slippery mucus secreted by the cells lining its walls traps germs and other tiny particles, including microorganisms, so they can be blown or sneezed out. The breathing passages in the **lungs** have ciliated surfaces. Cilia are tiny, hair-like projections that work together like brushes. They beat rhythmically, moving mucus with its trapped dust and germs up to the throat, from where it can be removed by coughing or swallowing. When viruses or bacteria take hold, extra mucus is produced in an attempt to wash them out; hence the running nose or the productive cough. Colds, flu, bronchitis and pneumonia all develop from airborne organisms that enter via the nose or throat.

The tears are an important part of the **eyes'** defence system. They contain a mildly antiseptic substance which deals with most invaders. The lids, which close involuntarily when danger threatens, also have a function of washing the tears over the eye every time they blink. Extra tears wash out any dust, dirt or other undesirable substances that get in. The ears are self-cleaning, and the wax they produce has antibacterial properties.

Protection against invaders in food and drink begins in the **mouth**. Our

saliva is mildly antiseptic, while our **stomach** juice sorts out most organisms that get that far. Some very tough bugs may survive to cause major problems further on, such as diarrhoea, as the **bowel** does its best to flush the intruders out. The rectum, vagina and urinary passage also have their own specific defensive properties.

• Killing invaders

Second-line defences come into action as soon as harmful microorganisms break through the first line. This is the body's major defence system, with cells stationed in every

organ and tissue, and its white blood cells constantly patrolling the blood stream and tissue fluid. It is an enormous army of cells backed up by complex support services, with huge reserves and highly efficient reinforcement production centres.

These soldiers are permanently on the alert, instantly ready to go into combat, and can call up vast reserves at short notice.

They engage in various types of defensive action, including chemical warfare, and they manufacture their own special chemicals to counteract individual invading germs and

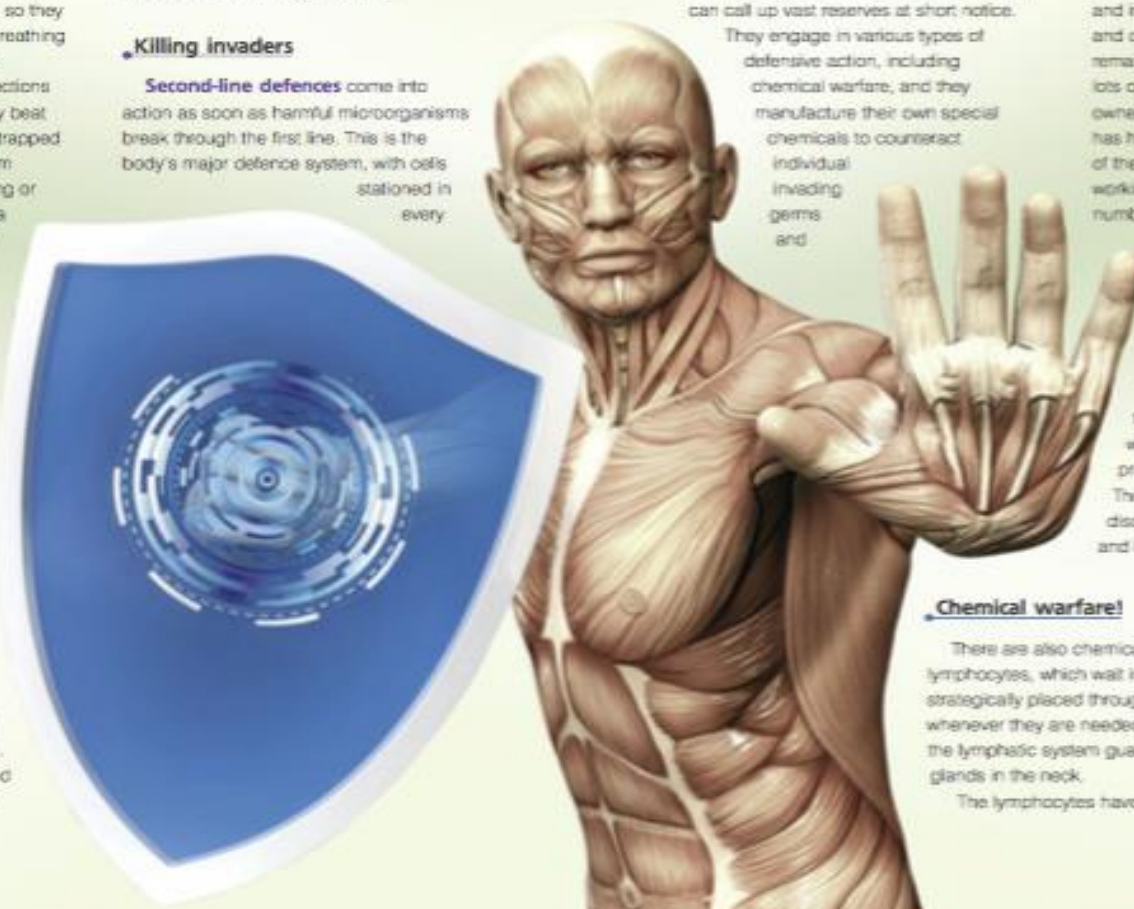
their poisonous products or toxins.

The most numerous units in this army of white blood cells are usually the neutrophils. We can see their work in boils and other skin infections. Bacteria can get in through a tiny scratch on the skin and, once inside, they start to multiply rapidly. The neutros go into action straight away, each one trapping and ingesting a number of bacteria, killing and digesting them, then spitting out the remains. If there are only a few germs and lots of neutros, the neutros win and the owner of the skin isn't even aware of what has happened. This is what happens most of the time, when the immune system is working well. On the other hand, if a large number of germs get in, or if the defence is weakened for some reason, the germs may win at first. A swollen, red, painful area will develop in which the neutros are vigorously fighting the invaders. A boil will develop if enough neutros are killed. Their dead bodies will pile up in the form of pus. Fortunately, they usually win, as reinforcements are sent in, preventing the infection from spreading. The boil bursts, the dead cells are discharged, the germs have been beaten and healing takes place.

• Chemical warfare!

There are also chemical warfare units. These are mainly the lymphocytes, which wait in the lymph tissues that are strategically placed throughout the body, ready for action whenever they are needed. The tonsils and adenoids are part of the lymphatic system guarding the throat, as are the lymph glands in the neck.

The lymphocytes have a number of functions, one of which



Although pregnancy is counted in weeks, for convenience it is also divided into three-month sections, or trimesters.

The **first trimester** is the crucial time when the baby's organs are formed, and it's particularly important to avoid all poisons at this time. At six weeks, the embryo is about the size of a fingernail, and already has the beginnings of eyes, ears, limbs, a brain and a heart. By twelve weeks all the major organs are formed. These first twelve weeks are when viral illnesses like rubella are most able to damage the developing baby, and they're also the time when miscarriages are most likely. Another hazard of the first trimester is sickness, which is due to the changing levels of the various hormones. A certain amount of nausea, especially in the mornings when the stomach is empty, is very common and fairly normal. However, a mother will need medical help if she actually vomits more than a few times or if the nausea prevents her from getting adequate food or causes her to lose weight. This may all sound rather alarming, but in fact the majority of pregnancies progress normally, and those who are taking good care of themselves

should not expect problems, but should know when to seek help if they do occur. Most women will find the nausea has gone by the twelfth week and the danger of damage to the baby, either by illness or by poisons, is much less now. The baby is still quite small, so it does not cause any major discomfort, and the mother can now relax and enjoy these middle months.



The **second trimester** is usually the easiest time. By the twentieth week, the top of the uterus can be felt at the level of the umbilicus. The baby will have been moving since its limbs were first formed, but the mother doesn't become aware of this until around the twentieth week. She can now notice the baby growing as the uterus increases in height by about one fingerbreadth each week. Premature births can happen at this stage, but thanks to advances in medical science many more babies can be saved. By 28 weeks, with good medical care, most babies will survive and do well.



The baby is taking up quite a lot of space by the **third trimester**. By 34 weeks, the baby weighs around 2.2kg, is about 18 inches long, and has an excellent chance of survival if born now. As the due date approaches, it may not be possible to do all the energetic things that one could do in the middle months. Good habits of eating, drinking and exercise will go a long way to preventing some of the problems like heartburn, piles and varicose veins that make life uncomfortable for a lot of mothers.

This is an exciting time of preparation and planning for the birth. It's important to keep the antenatal appointments now, because this is when serious problems like rising blood pressure or placental insufficiency can occur. Warning signals that need urgent attention from your doctor or midwife are bleeding, unexplained pain, unaccustomed headache, sudden increase in water retention with swollen hands and feet, or a marked decrease in the movements of the baby. Usually a few tests, an ultrasound scan or a baby heart monitor reading will very quickly reveal any danger, and show the medical staff when to take action to put it right.



What about e-cigarettes?

In recent years the e-cigarette has literally taken the world by storm. In the United Kingdom alone the number of users has grown from 700,000 in 2012 to a staggering 2.1 million in 2013. This number is made up mostly of regular tobacco users (60%) and former smokers, with a small number of users never having smoked anything before.

Basically the e-cigarette (also called a 'personal vapouriser' [PV] by some) consists of a battery-powered device that simulates tobacco smoking. Most of them resemble conventional cigarettes or pipes but there are an increasing number of these devices that have less conventional appearances.

Can electronic cigarettes help those who want to stop smoking?

The ingredients of the e-liquid used to create the vapour vary from brand to brand. It may or may not contain nicotine, but all brands contain a variety of other substances upon which long-term research is still to be conducted. It is this uncertainty in particular that has led leading government agencies in Britain and the US to urge caution in the use of these devices until suitable tests have been carried out. In a similar vein, the World Health Organisation (WHO) has also urged the public not to use them until a reputable national regulatory body declares them to be both safe and effective.

Do they actually aid people to stop smoking? There are questions like this, as yet unanswered, about the efficacy of the devices. There are also concerns that they may actually initiate an interest in smoking among children and youth. At this point it seems that the jury is still out on e-smoking – which is food for thought.

For further information see: http://en.wikipedia.org/wiki/Electronic_cigarette and www.theguardian.com/society/2014/may/05/rise-of-e-cigarettes-miracle-or-health-risk

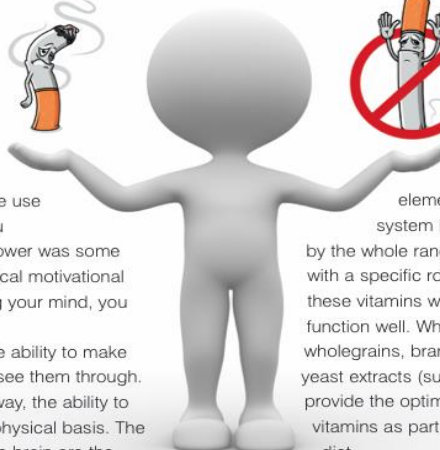


Willpower

'Use it or lose it' is the slogan when it comes to physical exercise. The same is true of the use of willpower. If you thought that willpower was some kind of philosophical motivational thinking inhabiting your mind, you would be wrong.

Willpower is the ability to make decisions and to see them through. To put it another way, the ability to choose. It has a physical basis. The frontal lobes of the brain are the regions responsible for such thinking. Keeping one's brain in as good a running order as possible will help in making choices and seeing them carried out. The chemistry of the brain is crucial to good mental functioning.

The brain requires one fifth of all the oxygen that is inhaled. Smoking, either directly or through passive smoking, robs the brain of the necessary oxygen and replaces large amounts of it with the exhaust gases of carbon monoxide and carbon dioxide. Not only that, smoking constricts blood vessels, thereby hindering the supply of whatever oxygen is available. The area of choice, among others, is weakened. Anything which encourages a good intake of oxygen, such as deep breathing and exercise activities, will help the brain to function at its best. The exercise enhances the circulation and enables the brain to think more efficiently.



Another important aspect of brain chemistry is its use of vitamins, minerals and trace elements. The nervous

system is serviced in particular by the whole range of B vitamins, each with a specific role to play. A diet rich in these vitamins will help the brain to function well. Whole wheat, wholegrains, bran, wheatgerm, and yeast extracts (such as Marmite) will provide the optimum amounts of B vitamins as part of the regular daily diet.

Where the diet has been lacking B vitamins the deficiency can be remedied by adding these to the diet or by taking a B complex or Brewers' Yeast tablet (not the one with caffeine added!) as recommended on the manufacturer's label. (If you have been prescribed drugs by your doctor described as MAOs then avoid yeast products.)

Supplementation may be useful for people who show signs of physical stress and/or are not able to think clearly while quitting. Once the immediate need is passed, the diet should be able to meet one's normal requirements. If there is no obvious positive response to either the use of B supplements or the inclusion of B vitamin items in the diet the reason may be found in the amount of sugar used. As sugar metabolises (breaks down for use in the body) it burns B vitamins, so robbing the nervous system of its supplies. Cutting

Brain and spinal cord

We have already noted that alcohol is a depressant, but it also has anaesthetic and analgesic (pain-relieving) properties.

Alcohol causes a gradual destruction of the cells of the cortex of the brain (the outer area) with shrinkage of the surface of the brain. Cells lost are never renewed.

It also causes loss of control and slows reflex actions. For example, approximately 2 cocktails, which is half a drop of alcohol per thousand drops of blood (0.05%), slows reflexes by 10%.

Alcohol has an affinity for nerve cells with a high lipid (fat) content, so higher concentrations of alcohol are found in nervous tissue.



Kidneys and bladder

Alcohol increases fluid loss and extra water is expelled, causing the bladder to become inflamed, making it difficult to stretch and accommodate the extra fluid.



Many of the above changes (which are by no means exhaustively described) occur even in the presence of adequate nutrition and are accelerated where good nutrition is lacking.

It has been widely publicised that a little alcohol is good for the heart. Strictly speaking this is unlikely to be true. The research that led to this media conclusion was the British Regional Heart Study,³ in which abstainers' heart conditions were compared with those of moderate and heavy drinkers. The results appeared to show that the moderate drinkers had better heart health than either abstainers or heavy drinkers.

What was not known at the time was that the abstainers studied were people who had been told to quit drinking because of an existing heart condition. The results might have been quite different if lifetime abstainers had been used in the study. Although an abstaining person is not

necessarily a fit person, moderate drinkers may be careful in other aspects of their health. The author of the study says that, on the basis of the report, no one should start drinking to protect their heart as the amount of alcohol said to confer benefit would still harm the liver and the brain. Other studies have shown that it was not necessarily alcohol that protected, but rather an ingredient (flavonoid) found in the skin of red grapes (and, incidentally, in the skins of all red fruits and vegetables).

Blood alcohol levels and effects

Blood alcohol concentration levels cause measurable changes in behaviour, reactions and responses, which will usually increase with the quantity of alcohol imbibed; however, persons not used to drinking alcohol may experience similar effects at much lower levels.

Cause and effect

The following amounts of alcohol, per 100ml of blood, are likely to have effects which include:

30mg/100ml The increased risk of an accident. This results from drinking 1 pint of beer, 2 glasses of wine or a double whisky.



50mg/100ml A loosening of inhibitions, impaired judgement and increased cheerfulness. This state is often mistakenly thought to arise from a stimulant effect of alcohol. It is produced by 1½ pints of beer, 3 whiskies, or a half-bottle of wine.



80mg/100ml The loss of one's driving licence in most countries if caught driving under the influence of this much alcohol. An intake of 2½ pints of beer, 5 whiskies, or 5 glasses of wine would put one in this state.



150mg/100ml A loss of self-control, exuberance or quarrelsomeness, and slurred speech, caused by 5 pints of beer, 10 whiskies, or 1 litre of wine.



200mg/100ml Double vision, a staggering walk and loss of memory – this would be achieved through 6 pints of beer, ½ bottle of spirits, or 2 bottles of wine.



400mg/100ml Sleepiness, coma, oblivion. This would be induced by ¾ bottle of spirits, and so on. This and the following in any amounts above those already indicated:

500mg/100ml Death possible.

600mg/100ml Death virtually assured.

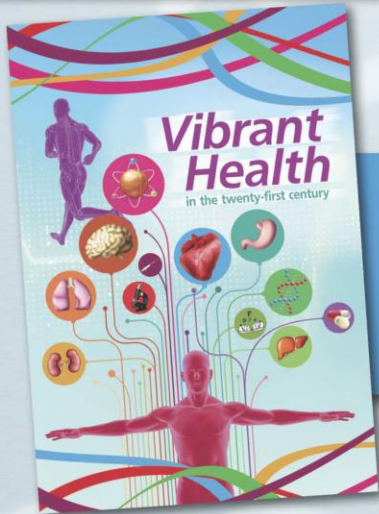
1 unit (8g alcohol)



Vibrant Health

The Stanborough Press Ltd

Alma Park, Grantham, Lincs, UK NG31 9SL



Family Health

Vibrant Health in the twenty-first century

Leading physicians, health experts and top consultants have collaborated to produce a book in which the emphasis is on vibrant health, how to attain it, how to keep it, and how to recognise danger signals and take appropriate action.

Dr Clemency Mitchell, the medical editor, has been at the forefront of the nutritional revolution. She outlines a health regimen – including diet, exercise and stress control – that will both greatly improve your quality of life and help you avoid the major killer diseases.

Vibrant Health in the twenty-first century is a large-format, 271-page volume with full colour throughout and it covers interesting issues such as:

Vibrant Health in the 21st century

Lifestyle Books



- The lifestyle choices to maximise health
- HIV, AIDS, STDs
- How to keep your heart healthy
- How to cope with stress
- How to stop smoking
- Alcohol and you
- The use and abuse of drugs
- How to weigh what you want to
- How to keep fit
- How to eat right
- Back pain
- How to reduce the risk of cancer
- Family planning
- Pregnancy and childbirth
- Child health
- Allergies
- Dental health
- Simple home treatments
- First Aid



This book presents a comprehensive guide to health for all the family. A book directed to those who are healthy and want to remain healthy!

Juicing for Life

NEW



Juicing for Life

gies that you need before you go shopping so that you won't forget anything.

- When juicing in the morning, it may help to prepare your fruit and veggies the night before. Select the ingredients for your juice, wash and store the produce in your fridge and assemble the juicer in your kitchen so it's ready to go.
- Just before juicing, cut any items that might be too large to fit through the juicer. This speeds up the juicing time.
- Drink your juice as soon as possible because it starts to lose nutritional value almost immediately.
- Make more than one juice at a time and store in the fridge for up to 48 hours, but definitely not more than 72 hours. There are no preservatives in fresh juice so it has to be refrigerated or it can spoil quickly.
- Try, wherever possible, to fill your juice containers to the top. This prevents oxidation, which can deplete the nutrients.
- Using produce in season is more economical. Experiment with the combinations of veggies, fruit and herbs until you find what you like and what works for you. This should provide hours of joy.
- Depending on where in the world you live, juicing could be a more expensive way to health, but it is definitely worth incorporating into your lifestyle.



Superfoods

It is important for us to understand what is meant by the term 'superfoods'. If we turn to the dictionary for a definition of 'superfoods' we will find the following or similar: 'A nutrient-rich food considered to be especially beneficial for health and well-being.'¹

That notwithstanding, there appears to be no official medical or scientific definition of a 'superfood' and little long-term credible research that conclusively supports the idea that 'eating a single fruit or vegetable containing a certain antioxidant will zap a diseased cell'.²

Free radicals are those chemicals that are known to cause cell damage. Unfortunately such chemicals are naturally produced in all living cells. Antioxidants are a different range of chemicals that are thought to protect against the harmful effects of the free radicals.

According to the UK's National Health Service online bulletin, NHS Choices, while 'diet plays an important role in our health . . . there is concern that too much focus on individual foods may encourage unhealthy eating'. It quotes dietitian Alison Hornby, spokesperson for the British Dietetic Association (BDA), as saying, 'No food, including those labelled "superfoods", can compensate for unhealthy eating.'³

The bulletin states that dietitians 'avoid the term "superfood" and prefer to talk of "super diets", where the emphasis is on a healthy, balanced diet, rich in fruit and vegetables and wholegrain foods'.⁴

As Hornby concludes: 'When it comes to keeping healthy, it's best not to concentrate on any one food in the hope it will work miracles. All unprocessed food from the major food groups could be considered "super". All these foods are useful as part of a balanced diet.'⁵

¹<http://www.oxforddictionaries.com/definition/english/superfood> ²<http://www.nhs.uk/livewell/superfoods/pages/what-are-superfoods.aspx> ³*ibid.* ⁴*ibid.* ⁵*ibid.*



Coconut

Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and a variety of important minerals. Coconut milk is lactose free and can be used as a milk substitute by those with lactose intolerance. It is also a popular choice with vegans and the lower-fat variety makes a great base for smoothies.

Be aware, however, that because of 'coconut milk's high content of saturated fatty acids, it is still seen as a food that should be consumed in moderation' (www.bbcgoodfood.com).

Coriander/cilantro

Coriander (*Coriandrum sativum*) is a herb most of us are familiar with. In the United States, the leaves of the plant are referred to as cilantro (the Spanish translation) and the seeds are referred to as coriander. The leaves are also referred to as Chinese parsley. If you have a choice, buy whole seeds instead of coriander powder, because the latter often contains adulterated ingredients.

Cranberries

As far as healthy foods go, cranberries are at the top of the list due to their high nutrient and antioxidant content and are often referred to as a 'superfood', especially when you consider that half a cup contains only 25 calories! Possible health benefits of consuming cranberries include reduced risk of urinary tract infections, lowered risk of certain types

of cancer, improved immune function and decreased blood pressure.

Be aware that those with 'a history of kidney stones should talk to their healthcare provider before including any forms of cranberries in their diet'.

Cucumber

Cucumbers belong to the Cucurbitaceae botanical family, as do honeydew melons, cantaloupes and watermelons. They typically consist of 95% water and are low in calories, fat, cholesterol and sodium. Their regular use will help prevent dehydration. One cup of cucumber provides the following RDA proportions: 11% of vitamin K (vital for calcium absorption), 4% of vitamin C, magnesium, potassium and manganese and 2% of vitamin A, thiamin, riboflavin, B6, folate, pantothenic acid, calcium, iron, phosphorus, zinc and copper.

Cucumbers also contain lignans that, as research has indicated, may diminish the risk of cardiovascular disease and certain forms of cancer.

Cucumbers are high on the pesticide residue list of the Environmental Working Group (EWG). Suggestion: buy organic if you can or wash produce carefully (http://www.ewg.org/foodnews/dirty_dozen_list.php).

Dates

This delicious fruit is rich in dietary fibre, which prevents LDL cholesterol absorption in the gut. The fibre also works as a bulk laxative, helping to protect the colon mucous membrane from cancer-causing chemicals binding to it. Dates are also rich in minerals like calcium, manganese, copper, and magnesium, all of which are essential to the optimum functioning of the human body.

Dates replenish energy and revitalise the body instantly, which is why they have been used by Muslims since ancient times as the food with which to break the fast during the month of Ramadan (www.nutrition-and-you.com).

Garlic

Although garlic (*Allium sativum*), a close relative of the onion, rakkyo, chive, leek, and shallot, is a herb commonly used in cooking, it is also used widely today for its therapeutic properties. There is a growing body of research that suggests that garlic has potential health benefits in a number of areas, but it appears

Beetroot

Beetroot is gaining popularity as a new 'superfood' due to recent studies claiming that it can improve athletic performance, lower blood pressure and increase blood flow. It is of the same family as sugar beets (*Beta vulgaris*), but is both genetically and nutritionally different. Sugar cannot be obtained from beetroot, which is most commonly found in red and gold varieties. Beetroot is high in dietary nitrate, which is believed to be one of the reasons why it appears to improve athletic performance.

Take note of the fact that 'a high-nitrate diet may interact with certain medications such as organic nitrate (nitroglycerin) or nitrite drugs used for angina, sildenafil citrate, tadalafil, and vardenafil'. Also be aware that the consumption of beetroot and beetroot juice often leads to red-coloured urine and stools.

Three a day dissolves the weight away!

According to Medical News Today* a recent study, which appeared in the journal *Obesity*, found that 'drinking 500ml of water half an hour before eating breakfast, lunch and dinner led to greater weight loss among obese adults compared with those who did not drink water before mealtimes'.

The research, conducted by the University of Birmingham (UK), found that 'preloading' with 500ml of tap water 30 minutes before meals led to a 1.3kg-greater average weight loss per participant over 12 weeks.

Although not exactly sure of why this happens, Dr Helen Parrett suggests that the water may increase our metabolism temporarily or make us feel fuller so that we eat less. She added this caution, however: 'There are some groups of patients, such as those with heart or kidney failure, for whom consuming a pint of water before mealtimes may not be appropriate.'

*<http://www.medicalnewstoday.com/stories/296217.php>





Sunrise simplicity



This is probably one of the most common juices and is a favourite with most people. It took a while for me to experiment and find the proportions that I like, and I would recommend that you do the same. I like to enjoy this as a morning juice before I go for my run.

Ingredients

Makes 1 glass

4 large carrots
2 Granny Smith apples
1 chunk ginger

Benefits: Carrots are perhaps best known for their rich supply of the antioxidant nutrient that was actually named for them, beta-carotene. All varieties of carrots contain the antioxidant vitamin C, as well as phytonutrient antioxidants like beta-carotene. Beta-carotene has also been shown to protect against macular degeneration and senile cataracts. The health benefits of carrots include the improvement of eyesight, slowing down the ageing process, helping prevent cancer and the protection of teeth and gums. Ginger is so concentrated with active substances, you don't have to use very much to receive its beneficial effects.

Handy hints: For nausea, make a ginger tea by steeping one or two slices of fresh ginger in a cup of hot water for five minutes. This will very likely settle your stomach.

'Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements.' – Marcel Boulestin





Edeona red

Ingredients

Makes 2 glass

1 beetroot
1 apple
1 celery heart
1cm chunk ginger
2 tbsp chia seeds
(soaked for 15
minutes)

'Sorry, there's no magic bullet. You gotta eat healthy and live healthy to be healthy and look healthy. End of story.' – Morgan Spurlock

Beetroot is amazingly sweet when juiced. It should be juiced raw but cooked for use in a smoothie. I am always surprised at how much liquid I get from one beetroot. Although it could be an acquired taste for some, beetroot is coming into its own as an energy-boosting drink.

Benefits: One cup of raw beetroot has 58 calories and 13 grams of carbohydrates. A cup of beetroot juice usually contains around 100 calories and 25 grams of carbohydrates. Beetroot is very useful in fighting anaemia and its juice is being touted as the new wonder juice – ideal for athletes and those involved in workouts that require stamina.

Chia seeds become plump and sweet when they are soaked in liquid, expanding up to fifteen times their original size. They also have more antioxidants than most berries, as well as fibre, protein, calcium and omega-3s.

Handy hints: While many foods lose nutrients during cooking, most of the compounds in celery hold up well during cooking.



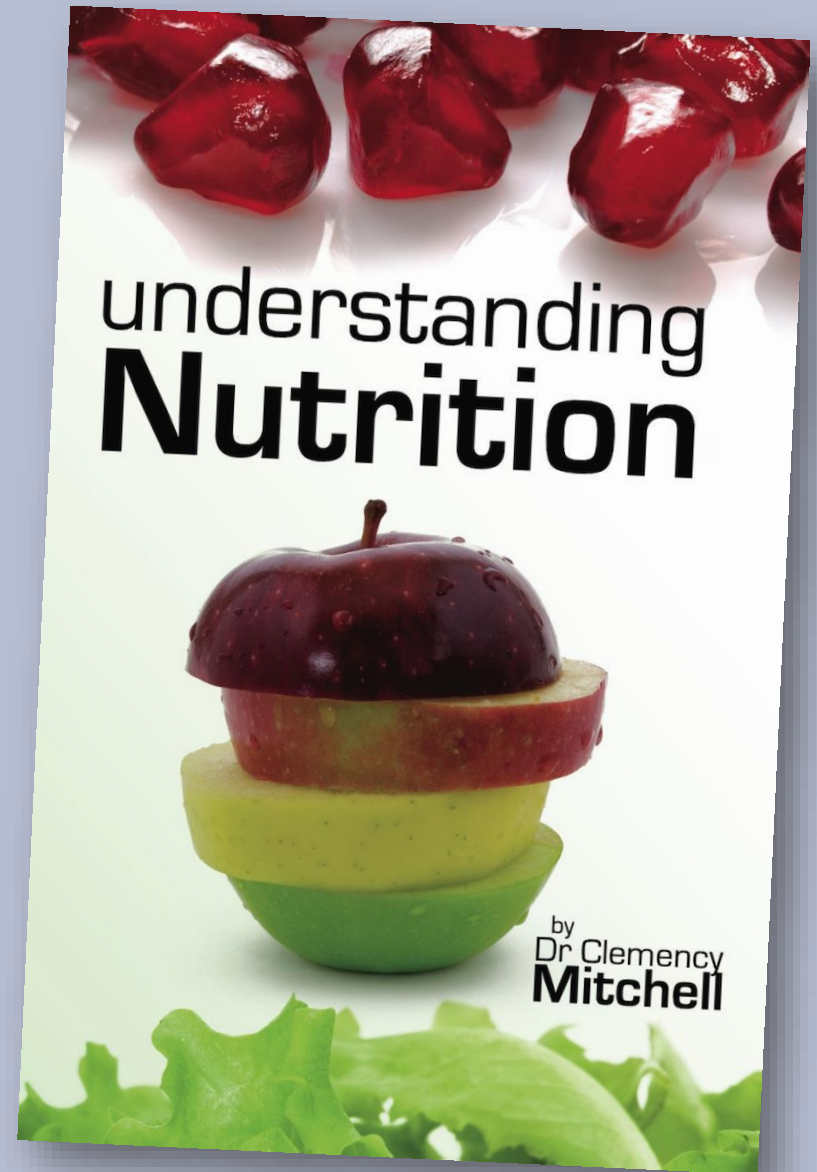
Hardback



Smoothies

Understanding Nutrition

- More than 30 years of experience has taught Dr Clemency Mitchell that a change in diet and lifestyle is by far the best prescription for most chronic health problems.
- Today, mass media bombards us with information about health, including numerous nutritional theories that often seem to change from day to day.
- What information and principles should we trust?



Understanding Nutrition



understanding Nutrition



Vitamin K

This is special in that about half of what we need is made by bacteria in the small intestine, from where it is absorbed and stored in the liver. The rest is easily supplied from food.

Function of vitamin K

It is one of the many factors in the cascade of reactions that cause blood to clot. It also has a role in the growth and maintenance of healthy bones.

Food sources of vitamin K

Green, leafy vegetables of the cabbage family are the richest plant source. Smaller but significant amounts are in cereals, fruits and other vegetables. Animal sources are milk, eggs and meat, particularly liver.

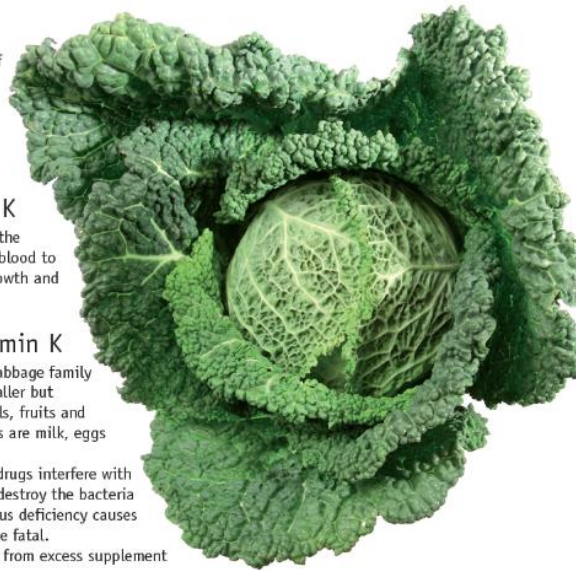
Deficiency is possible when drugs interfere with the absorption of vitamin K, or destroy the bacteria that produce it in the gut. Serious deficiency causes uncontrolled bleeding and can be fatal.

Toxicity is rare but can occur from excess supplement use.

Minerals

Minerals are inorganic elements. They do not degenerate or decay with storage or temperature change, and are lost from food only if they are cooked in water, which is then thrown away. We can divide them into major and trace minerals, not according to the importance of their functions but to the amounts in which they are found in the body.

The **major minerals** are calcium, phosphorus, potassium, sulphur, sodium, chlorine and magnesium. These range in quantity from 1200g of calcium and 600g of



phosphorus in an average person who weighs 60kg, to magnesium at about 30g, or six teaspoonsfuls. There are more than a dozen **trace minerals**, most of their weights measured in milligrams. Iron is the most plentiful and best known, an essential component of the haemoglobin that makes blood red. The average human has about 2.5g or half a teaspoonful of iron. All the minerals are important, whether they are measured in kilos or milligrams, and they are plentiful in both animal foods and unrefined plant foods. Problems begin when foods are refined and

the micronutrients



minerals are lost, or when heavy use of animal foods upsets the balance. Plant foods contain all the minerals we need in appropriate amounts and in the right combinations.

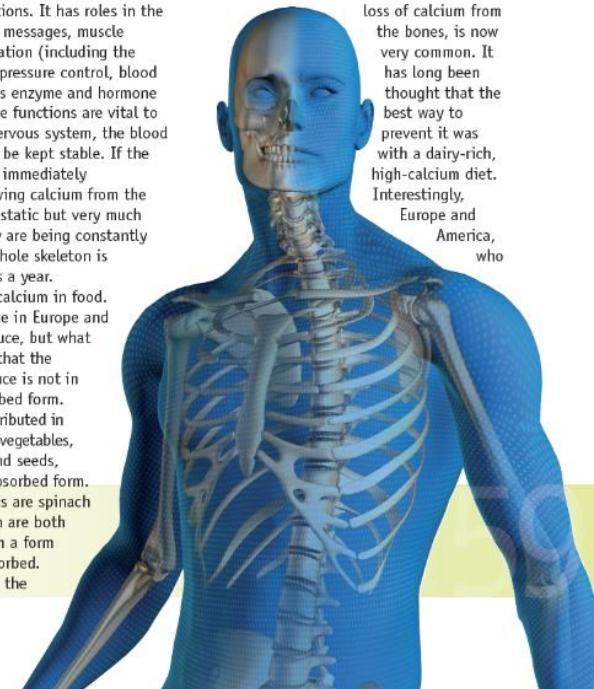
Calcium is the fifth most plentiful element in the human body, after oxygen, carbon, hydrogen and nitrogen. It accounts for nearly 2% of the body weight, the average adult containing well over a kilo, 99% of which is in the skeleton. Calcium is involved in much of the body's metabolism, which means that the remaining 1% has many important functions. It has roles in the transmission of nerve messages, muscle contraction and relaxation (including the heart muscle), blood pressure control, blood clotting and numerous enzyme and hormone actions. Because these functions are vital to the circulation and nervous system, the blood level of calcium must be kept stable. If the blood level falls, it is immediately replenished by borrowing calcium from the bones, which are not static but very much alive and active. They are being constantly remodelled and the whole skeleton is renewed several times a year.

There is plenty of calcium in food. The best-known source in Europe and America is dairy produce, but what is less well known is that the calcium in dairy produce is not in the most easily absorbed form. Calcium is widely distributed in plant foods like green vegetables, grains, beans, nuts and seeds, mostly in an easily absorbed form. A couple of exceptions are spinach and wheat bran which are both rich in calcium, but in a form that is not easily absorbed. This has given rise to the

myth that calcium is not easily absorbed from plant foods, but it would be a problem only on a restricted diet. A varied whole plant-food diet provides plenty of calcium.

There are several other very important factors in ensuring that there is enough calcium in the body. To absorb calcium into the system, there must be enough vitamin D, the sunshine vitamin. And once the calcium has been absorbed, it is important to limit the factors that cause it to be lost from the body.

In the West, osteoporosis, a degenerative disease characterised by loss of calcium from the bones, is now very common. It has long been thought that the best way to prevent it was with a dairy-rich, high-calcium diet. Interestingly, Europe and America, who



Understanding Nutrition



understanding Nutrition

Right eating: the low-calorie, low-sugar, low-fat, wholesome, *unrefined plant-food diet is the answer*. To reverse the disease processes, it is necessary to eat only as many calories as the body requires, and to ensure that those calories come from 100% nutritious food that contains all the micronutrients needed for restoring and healing the damaged tissues. This is the diet based on unrefined starches (wholemeal bread and other unrefined cereal products), vegetables, fruits, nuts and seeds (beans, lentils, and so on). Meal-timing is important, too, as it is best to eat at regular times, and with the main meals at the times when their energy is needed for the day's activities. This means a big breakfast and lunch and a light evening meal.

Exercise: the right amount of exercise for most can be as simple as a half-hour brisk walk twice a day.

Other factors like abstinence from poisons, a regular daily programme, and a cheerful, thankful mental attitude are very important too.

Osteoporosis

Osteoporosis ('porous bone') is a disease which silently and at first painlessly affects the bones. They gradually become thinner and more fragile until the middle of the bone is soft, spongy, and easily broken.

This is very common in the West, and affects mainly older women. The



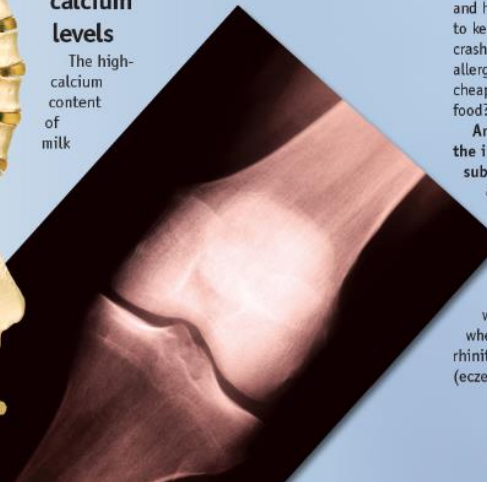
first sign of the disease is often a fracture of the hip, wrist or vertebra. Hip fractures are the most disabling, but vertebral fractures, although often painless at the time, can also be disabling. Multiple vertebral fractures can cause from two to eight inches of height loss, with consequent disability.

Things which increase the risk of osteoporosis for both sexes include a sedentary lifestyle, smoking, caffeine, alcohol, and a **high-protein, high-saturated fat, low-fruit-and-vegetable diet**.

A high-protein diet causes calcium to be leached out of the bones and lost in the urine. Calcium has many vital roles in our bodies, and if our intake is low our bodies may need to take calcium out of the bones, laying the foundation for osteoporosis.

How to maintain calcium levels

The high-calcium content of milk



nutrition and specific health problems



has received much media attention and many people think that dairy produce is essential for the maintenance of calcium levels and healthy bones. However, in milk the calcium is combined with protein, which causes calcium loss. While other factors undoubtedly play a part, it is interesting to note that osteoporosis is most common in countries where the consumption of dairy products is high, and rare where it is low.

A lower protein diet helps. Plant proteins are more alkaline and contain less sodium and sulphur than animal proteins, and this also reduces calcium loss. They are also naturally associated with fibre which is filling, and so reduces the chance of eating too much protein anyway. A well-balanced, whole-food vegetarian diet will provide for all your calcium needs.

Food allergies and sensitivities

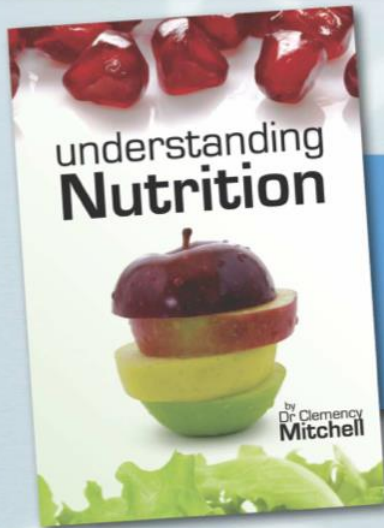
Allergies are becoming much more common. In some areas, over 30% of 13- and 14-year-olds complain of asthma, and 40% of hay fever, and health services struggle to keep up. Is the answer a crash programme of training new allergists, or are there simpler (and cheaper) solutions, perhaps involving food?

An allergy is a hypersensitivity of the immune system to a foreign substance, such as pollen, house dust or particular foods, which are harmless to non-allergic people.

The over-reactive immune system treats these normally harmless substances as invaders, going into emergency mode with the well-known allergic responses of wheezing (asthma), running nose (allergic rhinitis or hay-fever), and skin problems (eczema, urticaria or nettle rash), and, in



Understanding Nutrition



Lifestyle Books

Understanding Nutrition

Have you noticed that in every TV morning programme, newspaper and magazine . . . there is always a 'Health & Beauty' section? Today we are bombarded with information about health, including numerous nutritional theories that often seem to change from day to day. But which ones can we trust?

Our health is one of the best investments anyone can possibly make. It is an investment that does not demand much in the way of capital outlay and, although the full benefits are in the future, it starts to pay dividends right away.

It is a pity that so many people wait until they are old to think about investing in health, because, as with financial investment, the sooner they start the scheme, the greater the benefit. But, even after a lifetime of neglect, improving lifestyle still pays valuable dividends.

Nowadays the problems of the rich countries are no longer just in the West, but problems of nutrition occur in all societies. In half the world the main problem is to get enough to eat. For the other half the problem is to persuade people to choose the right food!

Series: Lifestyle Books
133pp Hardback
Dr Clemency Mitchell



How long we live and how healthy we are both depend on what we eat, how much exercise we get, the poisons we take into our bodies, and what we cannot change: our genes.

In **Understanding Nutrition**, Dr Clemency Mitchell presents to us, thanks to her 30 years' experience, what principles and truths we can listen to, starting with the Four Keys To **Understanding Nutrition**.

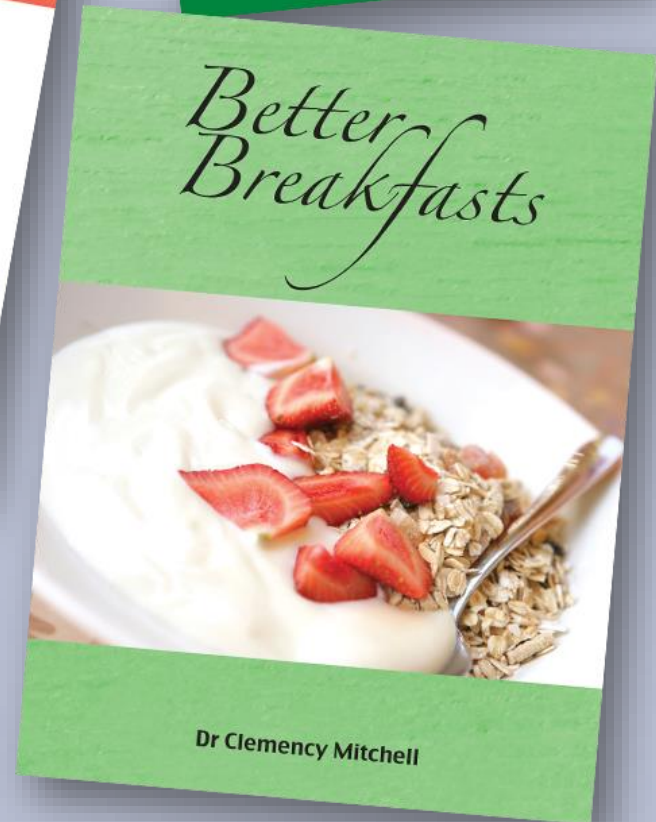
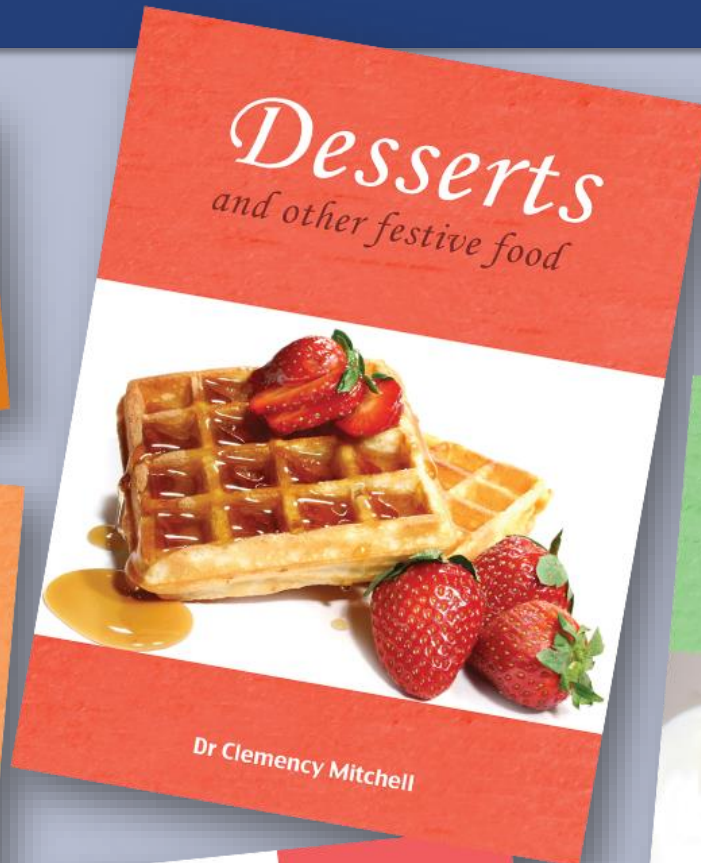
With a clear and practical approach, the 8 chapters of this book present:

1. How the different nutrients and elements in food (sugars, fats, proteins, vitamins, and so on) work in our body and why we need them.
2. Medical properties of certain foods like grapes or tomatoes or cabbages.
3. How nutrition can affect or prevent certain specific health issues such as diabetes, high blood pressure, heart-related diseases, skin allergies and even cancer, among others.
4. Gives answers to different myths about weight loss and other health issues.
5. How to make the right choices as to what to eat and when to do it (that is, meat or not? Margarine or butter? Organic or not? Vegetarian or vegan?)
6. Practical advice on how to make the transition to a healthier lifestyle, including 25 easy recipes.

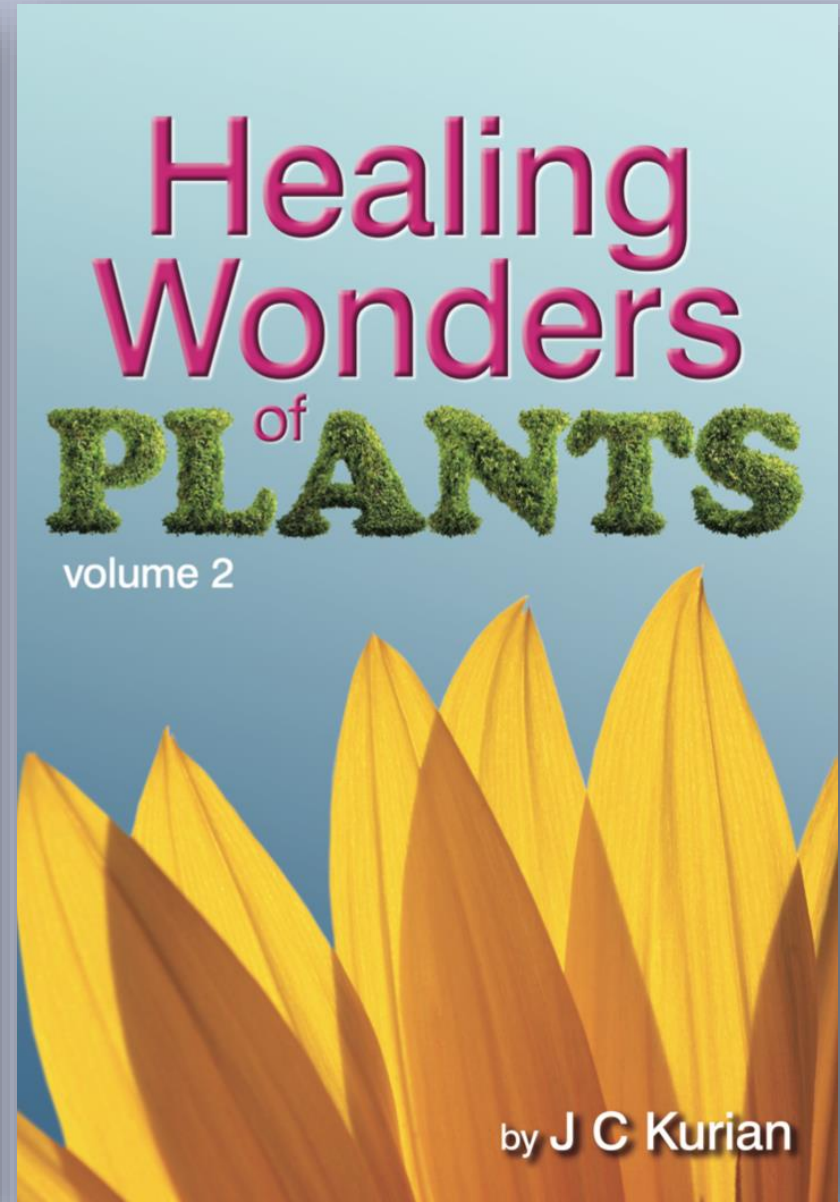
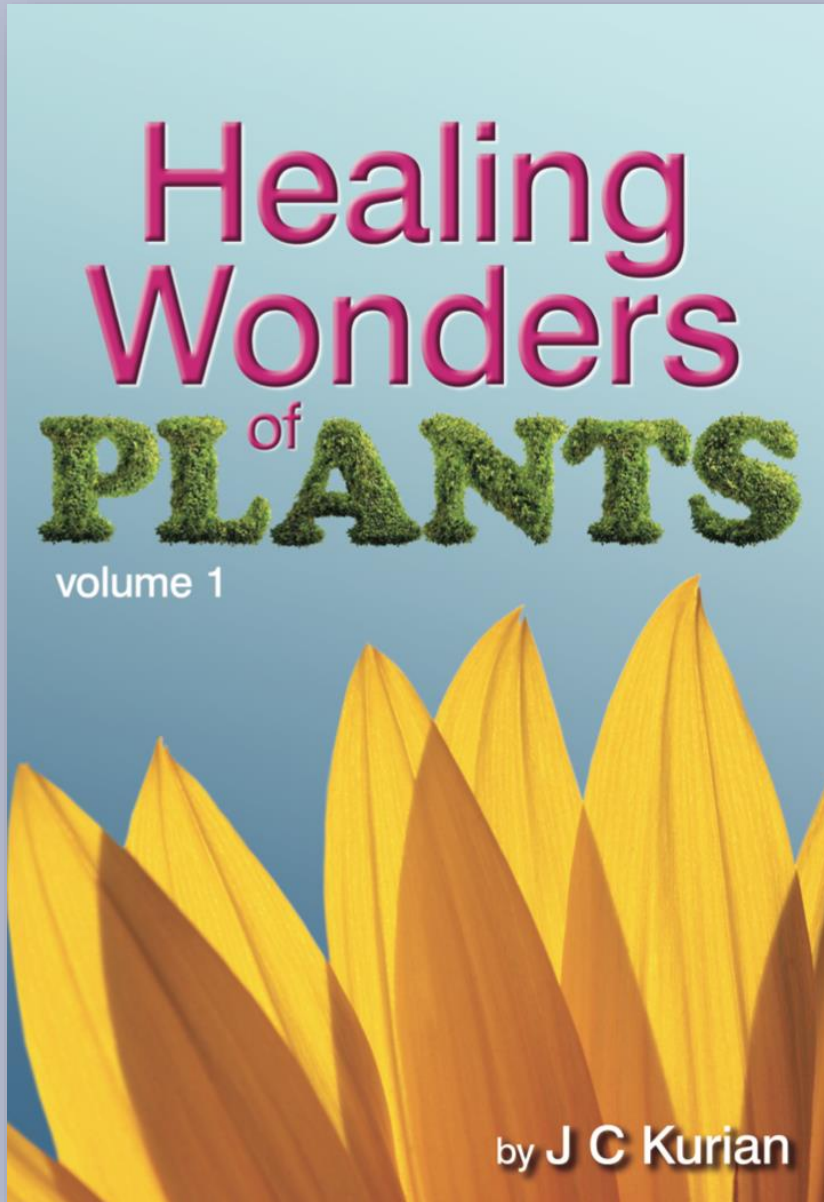
Understanding Nutrition will teach you that a change in diet and lifestyle will be by far the best prescription for most chronic health problems you may encounter in your life and, what is more important, will help you prevent them.



Gift Books



Healing Wonders of Plants (Two Volume Hardback Set)



Healing Wonders of Plants (Two Volume Hardback Set)

Healing Wonders of **PLANTS**

Volume 1

Butea frondosa Roxb.

Flame of the Forest

Butea frondosa Roxb.



The Flame of the Forest commonly called 'palas' by the local people in Maharashtra, India, is a small tree which grows to a height of 12 to 15 metres. In the summer months, when most of the other trees and shrubs are dry due to the scorching heat of the sun, *Butea frondosa*, synonymous to *Butea monosperma*, truly stands out like a flame in the forest with its clusters of orange-red coloured flowers. Very often, it has a crooked trunk and irregular branches. The trifoliate oval leaves are more prominent in all other seasons except the summer months when it is time for the floral buds to be activated. The leaves of this tree are collected by the local people and a few of them are woven together with small twigs to make circular disposable, biodegradable leaf plates to serve food. These disposable plates are often used by small or large groups of people during special occasions like marriages, picnics, etc.

Medicinal use

- Night blindness and other defects of the eyes.
- Helps to check elephantiasis.
- As a laxative and for the expelling of worms from the body.

- Fractures of the bones.
- Dysentery, piles, hydrocele, ulcers, tumours and menstrual disorders.
- Cough and stomatitis or inflammation in the inner side of the mouth.
- Leprosy in the early stages, gout and skin diseases.
- Very useful for the cure of herpes or 'dhole's itch'.

How to use

- ✧ The decoction of the root is used to take care of night blindness, other eye defects and to check elephantiasis.
- ✧ The decoction of the leaves too may be used to take care of night blindness and other eye defects.
- ✧ The decoction of the bark is widely used to take care of items 3 to 5 under Medicinal use.
- ✧ The gum of the tree is useful for checking cough and stomatitis.
- ✧ The decoction of the flowers is used to cure leprosy in the early stages, and for gout and skin diseases.
- ✧ When the seeds are pounded with lemon juice and applied externally, they act as a powerful rebeccific and have been successfully used as a cure for herpes or 'dhole's itch'.

Parts used

The root, bark, gum, leaves, flowers and seeds.

Dose

Normal (refer p. 153) or as indicated above.

Bengali	palas
Burmese	pauk
French	erythrine monosperme
Gujarati	khakra
Hindi	dhak
Kannada	mutthuga
Malayalam	palas in samatha
Marathi	palas
Oriya	kinjuko
Persian	palah
Sanskrit	palasha
Santhali	murup
Sinhalese	kaliya
Tamil	parasa
Telugu	moduga
Urdu	palashpapa

Bryophyllum pinnatum Lam.

Sprout-Leaf Plant

Bryophyllum pinnatum Lam.



Bryophyllum or sprouting leaf plant is a succulent which is often planted in gardens, especially in rockeries depicting xerophytic desert plants. The unique feature of this plant is that from the margins of the leaves, small adventitious buds, sometimes called bulbils are produced. These buds with tiny roots may detach themselves from the leaves of the plant, fall to the ground and grow into new plants.

Medicinal use

- Bruises and boils.
- Wounds, sores and insect bites.

How to use

- ✧ The slightly roasted leaves are applied over bruises, boils, wounds and insect bites.
- ✧ The plant is well known as an agent for healing wounds and sores.

Parts used

The leaves.

Dose

As indicated above.

Assamese	pategaza
Bengali	koppala
Burmese	ywet-kyah-pin-pauk
Gujarati	ghayamari
Hindi	zakhm-haiyat
Kannada	lonnahadakanagida
Malayalam	elamarunga
Marathi	pamphuti
Oriya	amarpoi
Persian	chubehayat
Punjabi	pathur-chat
Sanskrit	asthibhakscha
Tamil	malaikalli
Telugu	sima-jamudu
Urdu	chubehayat

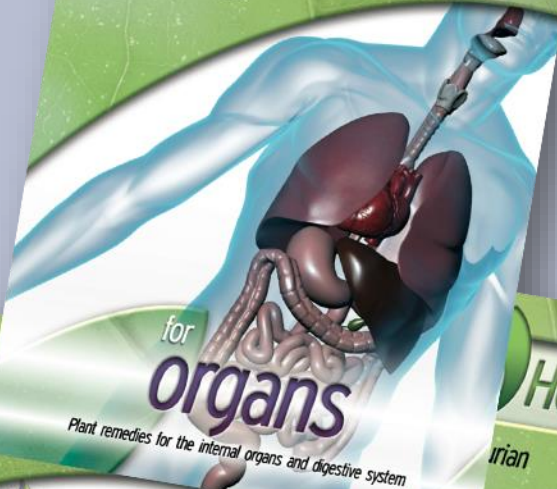
Morning exercise, in walking in the free invigorating air of heaven is the surest safeguard against colds, coughs, congestions of the brain and lungs... and a hundred other diseases.

—E. G. White, *Healthful Living*, 903

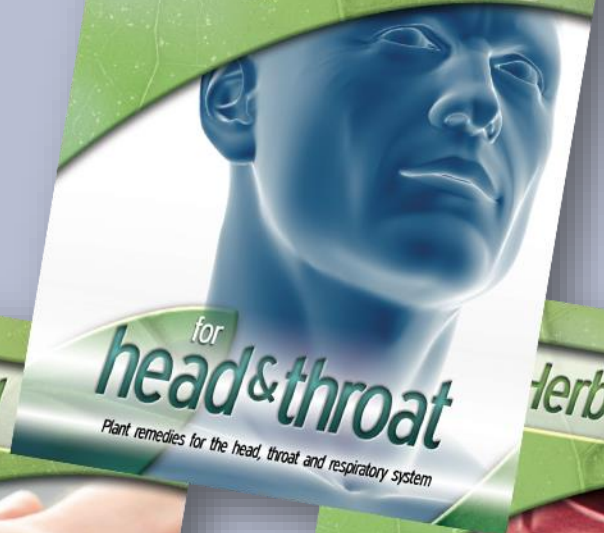
Gift Books

NEW

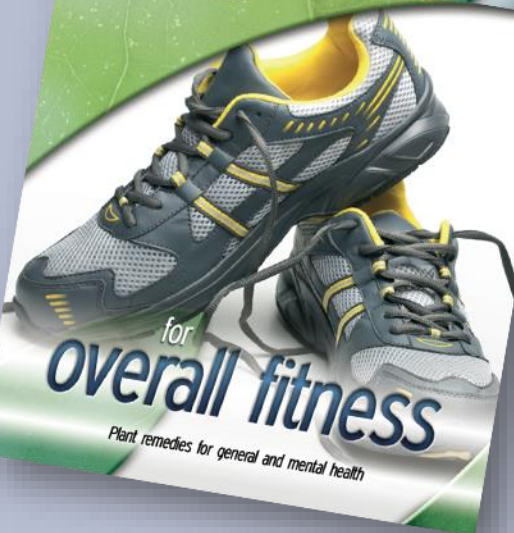
 **Herbal Helps**
J C Kurian



 **Herbal Helps**
J C Kurian



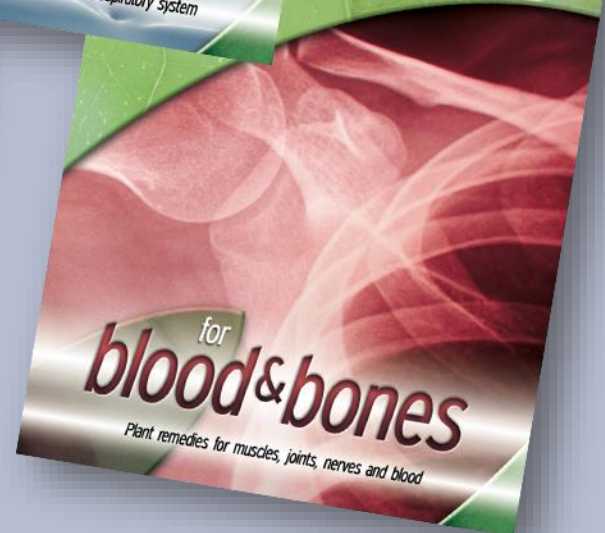
 **Herbal Helps**
J C Kurian



 **Herbal Helps**
J C Kurian



 **Herbal Helps**
J C Kurian



Plant-Based Medicine



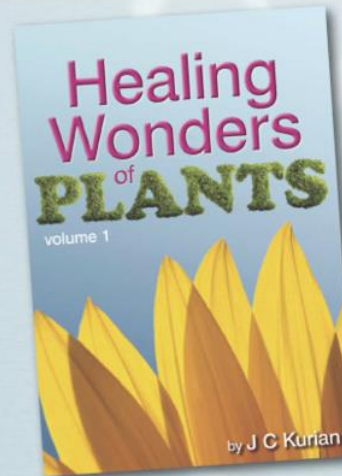
New Releases

Herbal Help

Have you ever wished for simple, plant-based treatments for everyday ailments? Learn how to use them effectively, to help you and those you love.

Doctor Kurian has carried out extensive botanical research, clearly presented in these handy volumes, to protect you from common complaints of the internal organs and digestive system, head, throat and respiratory system, the skin, the muscles, joints, nerves and blood, and to help you with your general and mental health.

Series: Family Health
123pp Paperback
J. C. Kurian

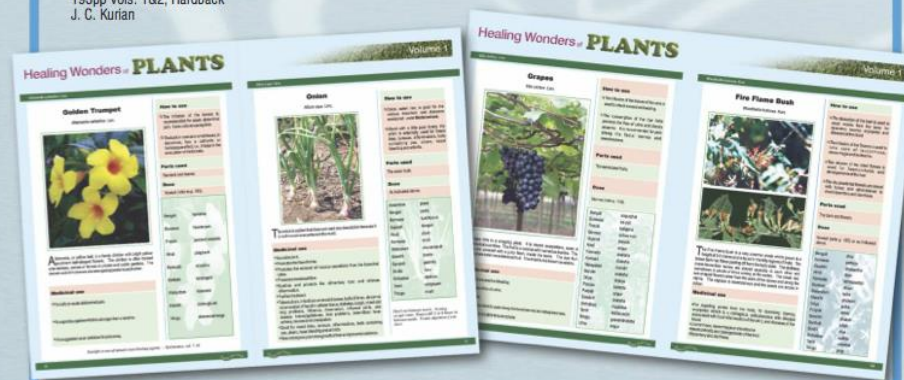


Dr Kurian presents the medicinal value and application of more than 300 plants from the tropical regions, classified by their botanical name.

More than 80% of the population of the world only have plants as their main source of medicine.

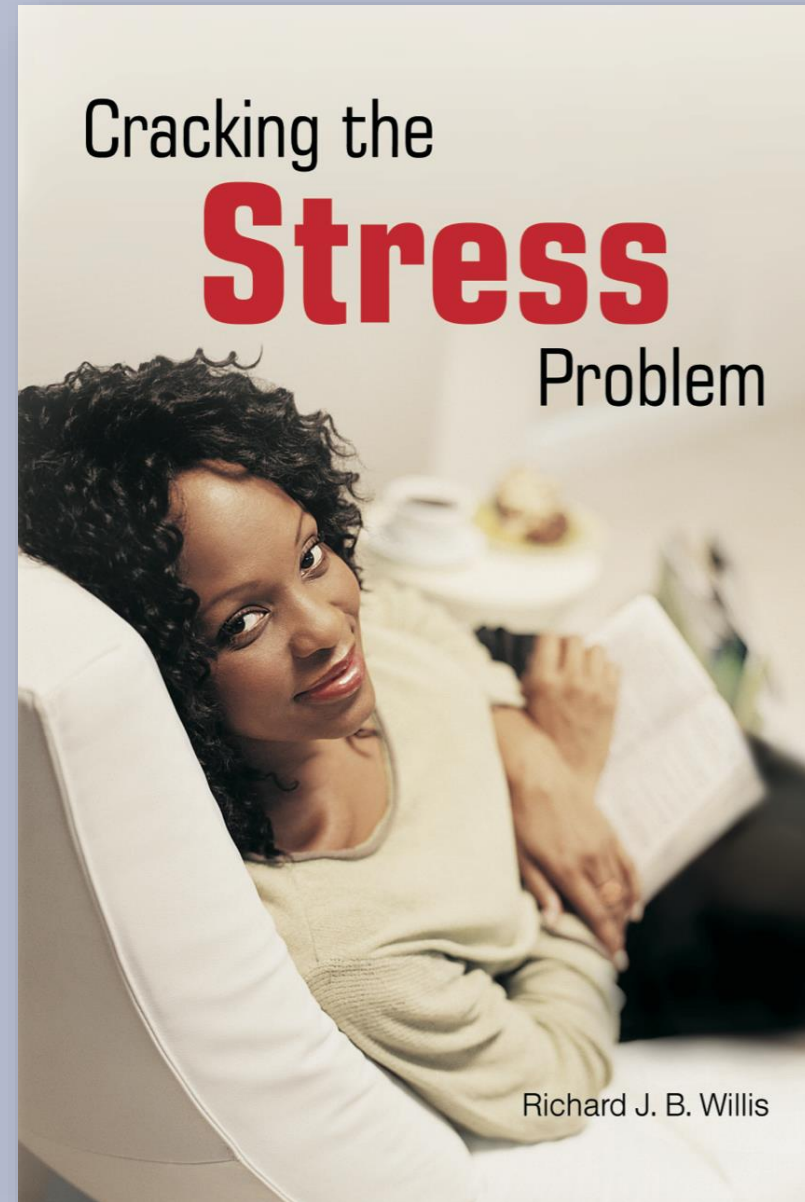
These volumes contain the Medicinal Use of the plants, How to Use them, Parts Used, Dose, Caution indications, Indexes, and so on.

Series: Family Health
193pp Vols. 1&2, Hardback
J. C. Kurian



Cracking the Stress Problem

- We face stress at every stage of life – from infancy to old age. The intensity is different in men, women, adolescents, etc.
- Our success and quality of life depends on how we deal with stress.
- This book tackles these issues by placing them in a number of contexts and giving stress management programs.



Cracking the Stress Problem

Researchers Gunter Reiss and Jim Florence say of these differences:

'The Eastern meditator seeks to empty the mind in order to fill it; strives to achieve a union with the universe (whatever that means), a type of cosmic escapism from the reality of the world in which the meditator lives.

'The Christian meditator seeks a union with a personal God, a filling of the mind and soul with the spirit of God; learning to think the thoughts of God after him, gradually acquiring the same mind-set.

'In the face of major stressors, the human efforts involved in Eastern meditation provide some relief and comfort, both physiologically and psychologically. But the lasting, lifechanging power to deal successfully with life (and be joyful while doing it) comes from something vague. It is crucial that

life's stresses be met by Christian meditation, communion with God and concentrating on and listening to his word.

'While there is little doubt that Eastern meditation produces some physical and mental benefits for coping with stress, the psychological adaptation to stress is merely a form of escapism and it treats the symptoms more than the person. Christian meditation on the other hand, provides for a complete change of character, attitudes and behaviour through the sanctifying work of the indwelling presence of God.'

As if these spiritual dangers were not enough to contend with, the medical writer Anthony Campbell warns of physical dangers:

'There are some groups of patients for whom meditation is not advisable; they include sufferers from psychoses such as schizophrenia, even if they are currently well; there is some evidence that patients who are still receiving drug treatment for schizophrenia may relapse on starting meditation. Epilepsy may also be made worse by meditation.'



William Johnston, a Jesuit Zen scholar (author of *The Mystic Way*) writes of mental and spiritual turmoil occurring to inexperienced meditators:

'According to various warnings, the persistent explorer in these . . . realms . . . brings himself to the attention of indigenous beings, who, under normal circumstances, pay little attention to humans . . . Systems for inner exploration describe indigenous beings as entities whose bodies are composed entirely of emotional, mental and etheric substances, and say that at this level of development they are psychologically no better than the average man himself.

'They are of many natures and some are malicious, cruel and cunning and use the emergence of the explorer out of his previously protective cocoon . . . as an opportunity to move, in reverse so to speak, into the personal subjective realm of the investigator. If he is not relatively free from personality dross, it is said, they can obsess him with various compulsions for their own amusement and in extreme cases can even disrupt the normally automatic functioning of the nervous system . . . Many mental patients have made the claim of being controlled by subjective entities, but the doctors in general regard these statements as part of the behavioural aberration, pure subconscious projections, and do not investigate further.'

Emptying the mind clearly trawls up all sorts of haunting psychological trash, in no way helpful to stress proofing!

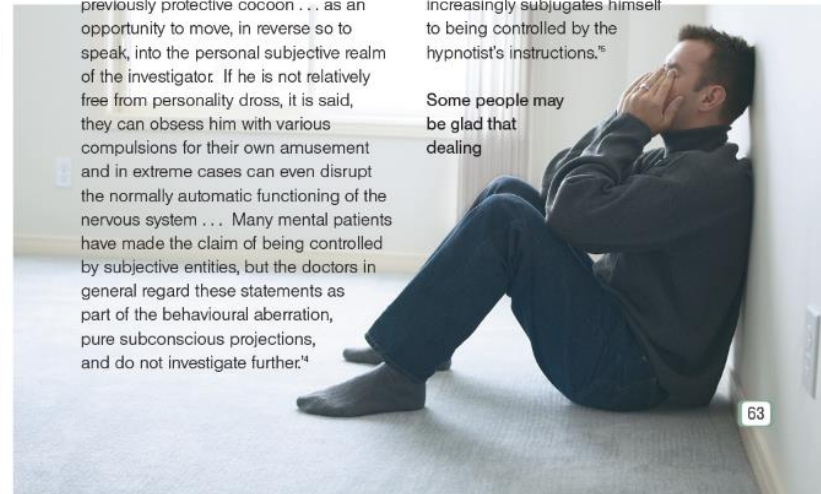
Hypnosis

has often been seen as an easy, if expensive, solution to the problems of life. If you cannot solve the problem, then blot it out!

Medical doctor and psychologist Ian M. L. Hunter writes of hypnosis:

'In hypnosis, one person gradually induces in another a state of extreme suggestibility and co-operativeness in which the subject becomes unusually prepared to accept instructions given to him by the hypnotist. The subject progressively relinquishes more and more of his independence of action and increasingly subjugates himself to being controlled by the hypnotist's instructions.'

Some people may be glad that dealing



Cracking the Stress Problem

Most of the everyday difficulties can be met through:

- talking openly to bosses, line managers, personnel officers/human resources officers, supervisors, or trade union officials. Try to keep your talking only to those who qualify from the above list and not encourage 'barrack-room lawyers' who might interpose their own agendas into your situation
- negotiating your workload
- having a realistic job description
- settling realistic goals and time schedules
- avoiding taking home unfinished work, or doing unpaid overtime (a willingness that could be exploited thus adding to existing work pressures)
- creating a conducive working environment
- getting adequate equipment and training
- sharing health and safety concerns
- exercising one's right to freedom from harassment or discrimination of whatever kind, and having clear guidelines for dealing with these issues
- learning to accept constructive criticism
- not dwelling on your weaknesses, inadequacies, or past achievements
- trying not to over-reach ambitions or your abilities
- not harbouring jealousy

These and the other stress-reducing measures discussed in previous chapters should take the sting out of most situations that we are likely to encounter. No one is, or should be, pretending that life is easy, and some do seem to get what might be regarded as an unfair share of problems. However, as HSE official Elizabeth Gynge states: 'Work-related stress is a huge occupational health problem, inflicting a heavy toll both in terms both [sic] of financial cost and human suffering. We recognise there is considerable pressure in the modern competitive workplace, but there is a difference between the buzz people get from doing a busy job and staff simply being unable to cope with the strains placed on them. A burnt-out workforce is an unproductive workforce'.³⁴

Inasmuch as women have to bear the major share of both home and work-related stress we will now consider **Women And Stress.**



Women and Stress

10 Chapter



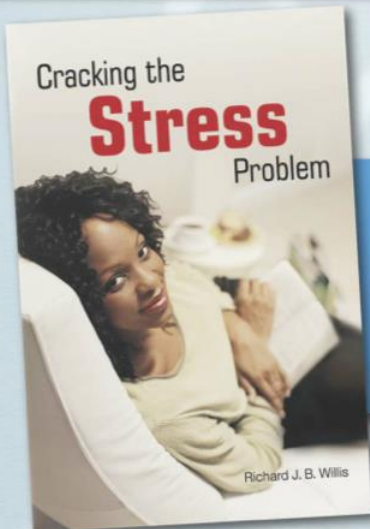
Rosie the Riveter

Science writer Lisa Silver says, 'During World War II, women flocked to the workplace and, like the newsreel heroine Rosie the Riveter, they flourished. Today the world is not at war but for many working women, it often feels that way.' Surmounting difficulties, many women make it into leadership positions only to find themselves victims of other people's stereotyping. Sociologist Rosabeth M. Kanter states: 'Many people assume that women make poor leaders because their personalities do not allow them to be assertive. Women who do make it to management positions are presumed to fit the mould of the dictatorial, bitchy boss'.²

However, the 'Rosies' of the world do not have to go to work to feel the effects of stress, their particular reaction to it dogs their steps throughout life both in the kind of stressors that they face and the way their bodies react to them.



Cracking the Stress Problem



Lifestyle Books

Cracking the Stress Problem

We face stress at every stage of life – from infancy to old age. The intensity is different in men, women, adolescents, and so on.

Our success and quality of life depend on how we deal with stress.

When it comes to dealing with stress, although we can benefit from outside help and co-operation, our survival is down to our own understanding of our condition and our ability to initiate techniques which will help us to control our reactions to the problems of life.

Richard Willis tackles these issues by placing them in a number of contexts and giving stress management programmes.

Series: Lifestyle Books
204pp Hardback
Richard J. B. Willis

Cracking the Stress Problem covers topics such as:

- The dynamics of stress
- The problems of life
- Reality checklists
- The wider cost of stress
- Sensing the danger
- The anxiety state
- Vulnerability
- Physical and mental health: the stress effect
- Self-manufactured stress
- Change and crisis
- Lifestyle change stress indicator
- Deep breathing
- Planning for recovery
- Finding the right solution
- Coping in practice
- Where to find help
- Relaxation
- Fears and phobias
- Childhood and adolescent stress



- Symptoms and effects of depression
- Work stress
- Women and stress
- Ageing and stress
- A crisis of faith
- Hope and optimism

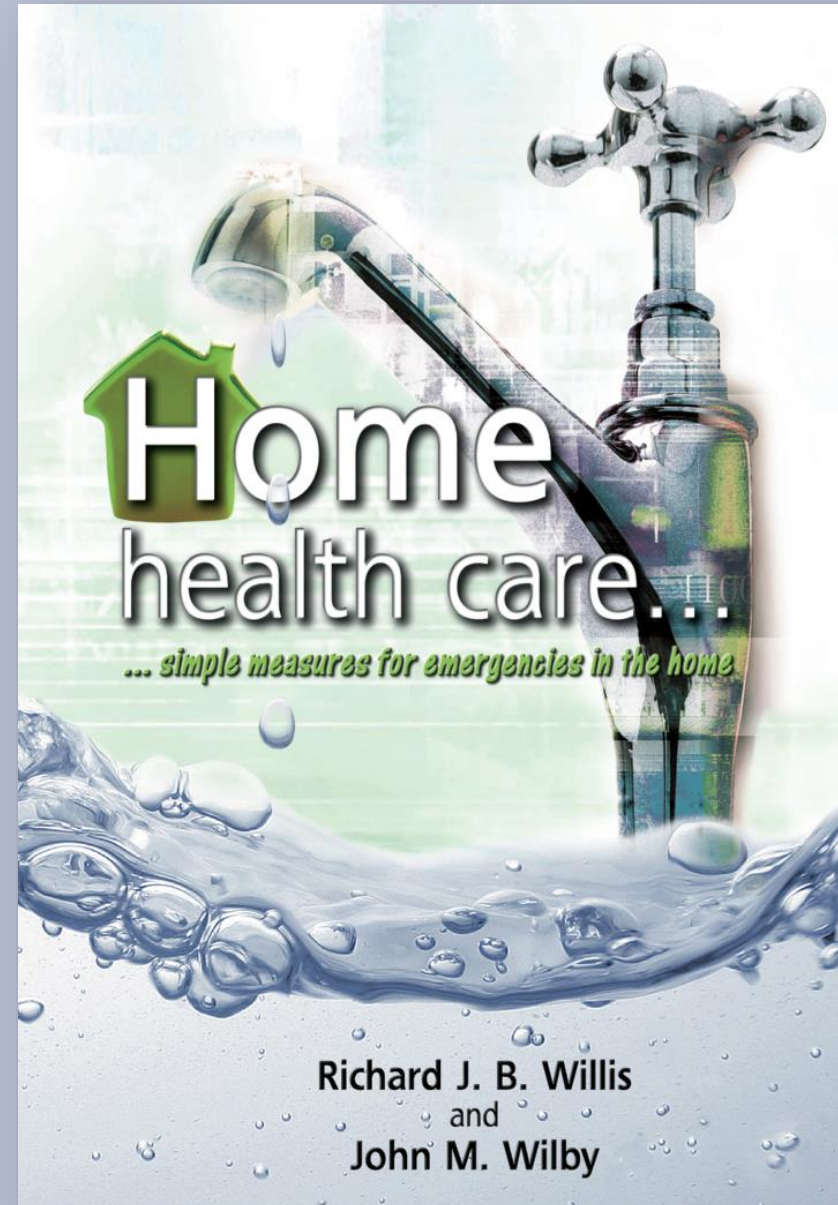


This practical book is full of charts, exercises, self-evaluation tests and useful techniques that will surely help us understand and finally crack the stress problem.

Remember that our success and quality of life depend on how we deal with stress.

Home Health Care

- An essential book for keeping your family safe and helping you deal with those emergencies in the home.
- This book combines First AID measures with simple remedies that can be applied even at home.
- The third section of this practical book is an A-Z to medical conditions and treatments.



Home health care...

Head injuries

These injuries may range from a scalp wound to a severe blow causing internal bleeding and unconsciousness.

Step one

Replace any scalp wound flaps and apply a clean pad, pressing down firmly and evenly over the wound.

Step two

When bleeding is controlled, secure the pad in place with a bandage.

Step three

Check the injured person's consciousness level by asking simple, direct questions. If it is impaired for more than three minutes, IMMEDIATELY seek further medical aid.

Step four

Lay the person down with head and shoulders raised and supported. Take or send him/her to further medical aid. If the person becomes unconscious place them in the recovery position and IMMEDIATELY seek medical aid.



Treat, Save and Soothe

Heart attack

The symptoms may include a vice-like crushing central chest pain, breathlessness, sudden fainting or giddiness, ashen skin, blueness of lips and collapse without warning.

Step one

Make the sufferer comfortable by placing in a half-sitting position with knees raised and supported.

Step two

Call IMMEDIATELY for medical aid advising that you suspect a heart attack.

Step three

Reassure the person and keep a check on the pulse and breathing until help arrives. Be prepared to resuscitate.

Step four

If the person is conscious, give ordinary aspirin if available, give one tablet instructing him/her to chew it slowly.





Home health care...

Heating Compress: Compresses of this type are useful in the treatment of acute laryngitis, pharyngitis, tonsillitis and quinsy, and for relieving the congestion caused by inflammation of the eustachian tubes (the minute canals connecting the

throat to the middle ear). The compress can be quite wet but not dripping, and if applied during the evening, should be dry on removal in the morning. *Cold* water is used and covered to produce a naturally generated heat.

Requirements and application:

- ▶ 2 pieces of cotton material about 80cms or 3ins wide, and long enough to wrap twice around the neck
- ▶ 1 piece of flannel material slightly larger than the cotton material
- ▶ bandage and safety pins to secure compress

With the required materials to hand:

- ▶ immerse and soak the cotton material in cold water, wring the material and apply it to the neck
- ▶ cover the cotton material with the flannel snugly but not uncomfortably constrictive
- ▶ use the bandage (if necessary, depending on the treatment purpose) and secure with the pins
- ▶ when the materials are removed in the morning, rub the neck with cold water

Compresses can also be used to relieve joint pain and increase the circulation, thus helping to restore joint mobility. The wet compress should always be well covered to avoid chilling and for the maximum effect, and not be so tight as to restrict joint movement.



Water Treatments

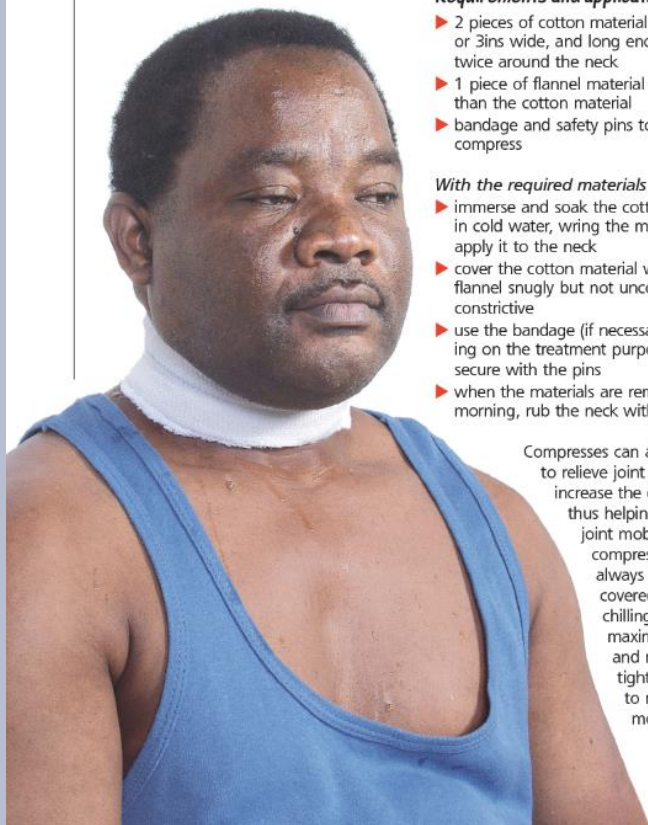
Requirements and application:

- ▶ 2 pieces of cotton cloth 100-150cms or 4-6ins wide, and long enough to wrap the joint to be treated securely
- ▶ 1 piece of flannel material or thin blanket strip 150-200cms/6-8ins wide and sufficient to wind around the joint a few times
- ▶ some cut-open plastic bags
- ▶ bandage and safety pins to secure

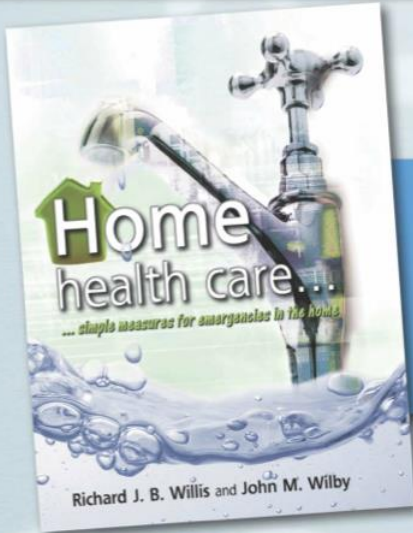
With these preparations completed:

- ▶ soak the cotton material in tap water, wring and apply as a bandage, positioning the material to cover the joint without it making it bulky
- ▶ cover the compress with the plastic bag material and the flannel or blanket material
- ▶ bandage and secure

To prolong the application, a light hot water bottle may be placed over the bandage. The compress can be left on all day/night or removed and replaced with another compress. Compresses may also be applied as cold compresses.



Home Health Care



Family Health

Home health care . . .

While medicine has made great strides forward in dealing with illness and injury, there is nothing more disconcerting than not being able to deal with accidents and health crises at home.

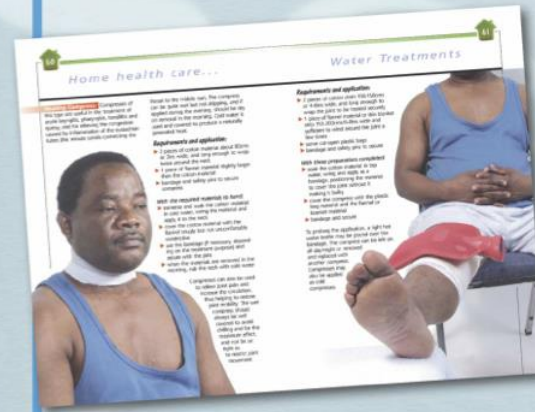
This book combines FIRST AID measures and SIMPLE HOME TREATMENTS, addressing many of the health problems likely to occur, and explains how family members can apply effective remedies.

Written by R. J. B. Willis, an internationally-published author, and J. M. Wilby, who was honoured with the award of the Order of St John for his work in Africa and Britain as a Chief Ambulance Officer, this book is an essential read for keeping your family safe and helping you deal with those emergencies in the home.

Series: Family Health
112pp Hardback
Richard J. B. Willis and John M. Wilby

This hard-cover 112-page book explains:

- How to give First Aid
- Restoring breathing
- Restarting the heart
- Dealing with an unconscious person
- Taking the pulse
- Bleeding
- Broken bones
- Burns and scalds
- Choking
- Eye injuries
- Head injuries
- Heart attack
- Poisoning
- The First Aid book
- Water treatments
- An A-Z of home remedies, including conditions and treatments.

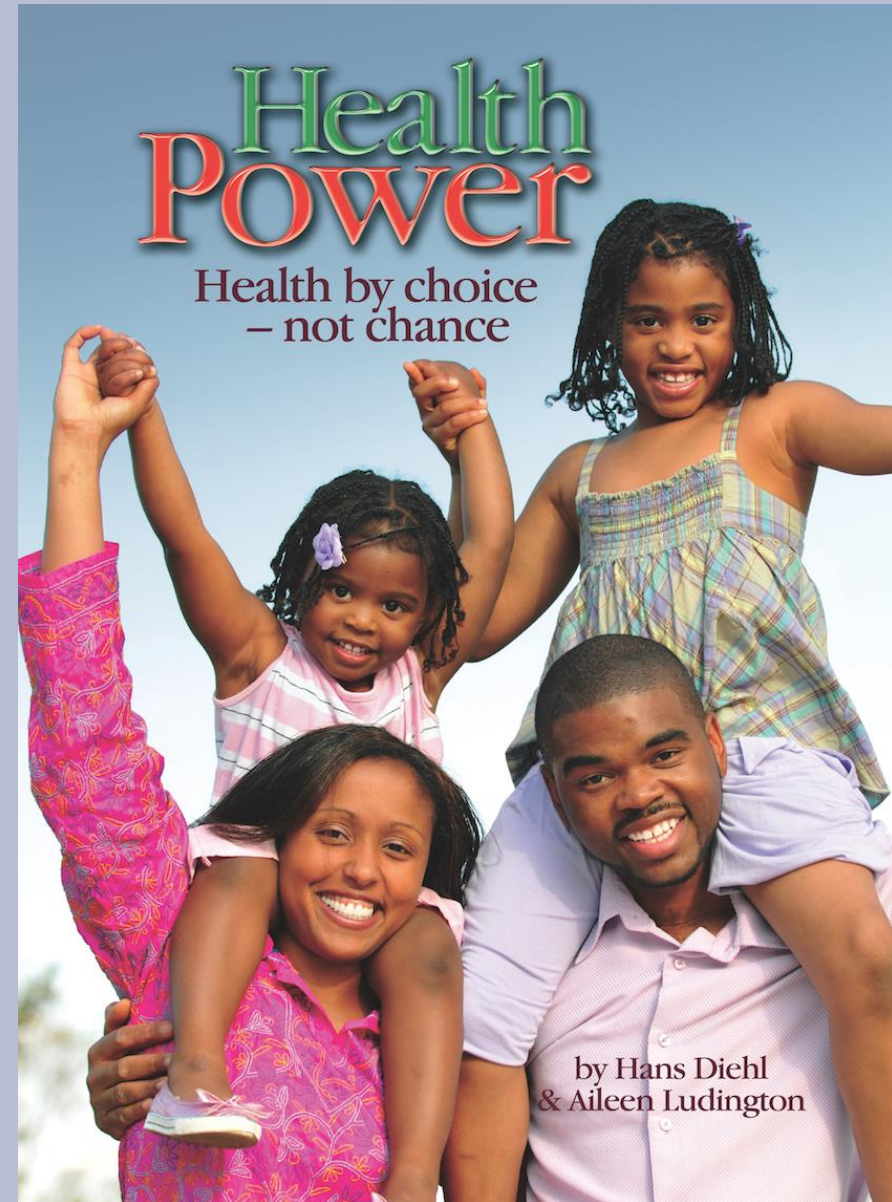


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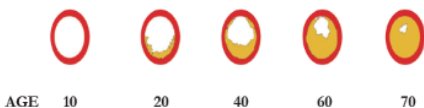
Health Power

Health is by choice – not by chance!
The most practical and effective book
to follow if you want to change your
lifestyle.

- Includes over 200 health issues, explaining the symptoms and the causes. It also presents what we need to do to reverse or prevent the potential problem.
- Advice for all members of the family.
- Now there is no excuse not to enjoy life to the fullest.



Progression of Coronary Artery Disease



as time goes on and statistics accumulate, it is becoming apparent that most of these operations do not prolong life or even necessarily improve it. Medical treatment is temporary at best. The only long-term solution is a serious lifestyle change.

So what is the best approach?

It is always better to prevent than to repair. But if heart disease has developed as suggested by the presence of coronary risk factors and documented by diagnostic tests, it still isn't too late to make lifestyle changes. You can actually clean out your arteries,

lower your risk of dying of atherosclerosis, and extend your active, productive years. You can markedly change your risk factors no matter how old you are, often in just a few weeks.

Start with healthful, home-cooked meals that are very low in fat and cholesterol, yet high in unrefined complex carbohydrates and fibre. Such a diet can lower elevated cholesterol levels by 15-25% and reverse many causes of diabetes in less than four weeks

(see chapter on "Diabetes"). When combined with salt restriction, this diet will also help normalize blood pressure and control obesity (see chapters on "Hypertension" and "Obesity").

Begin an active daily exercise program. If people would lower their cholesterol to below 4.6 mmol/L and their blood pressures to under 125 mmHg and quit smoking, it has been estimated that 82% of all heart attacks before age 65 could be prevented. Simple changes in lifestyle would do more to improve the health of our nation than all the hospitals, surgeries, and drugs put together.

The *HeartScreen* test on the following page will help you identify and understand your own risk factors, and guide you in dealing with them. It will approximate your relative risk for coronary heart disease and will help you identify areas that you may want to work on. In this test, eight risk factors are listed, and scores from 1 to 8 are assigned to each factor.

Interpreting Your Score

- 0-6 IDEAL** - Development of heart disease or stroke is extremely unlikely, especially if your cholesterol level is below 4.0 mmol/L (160 mg%)
- 7-14 ELEVATED** - The development of heart disease or stroke is about one third of the U.S. average, yet three times higher than for the ideal group.
- 15-22 HIGH RISK** - This is the U.S. average. You cannot afford to be in this group because your risk is 10 times higher than the ideal group.
- 23-30 VERY HIGH RISK** - The development of heart disease or stroke is about three times the U.S. average, or 30 times higher than the ideal group. Action is imperative! You may be able to drop four points on this test within four to eight weeks by lowering cholesterol and blood pressure through dietary change.
- 31-38 DANGEROUS** - The likelihood of having a heart attack or stroke is about four to six times the U.S. average and about 50 times higher than the ideal group. Set goals and take action without delay.

Application

Coronary Heart Disease — Are You At Risk? *HeartScreen* Self Scoring Test of Heart Attack and Stroke Risk

Risk Level and Score									
Risk Factor	0	1	2	3	4	5	6	7	8
1. Cholesterol* (mmol/L)	under 4.1	4.1-4.5	4.6-5.0	5.1-5.5	5.6-6.0	6.1-6.5	6.6-7.0	7.1-7.5	7.6+
2. Blood Pressure* (mmHg)	under 110	110-119	120-129	130-139	140-159	160+			
3. Smoking (cig./day)	none	up to 5	5-9	10-19	20-29	30+			
4. Overweight** (%)	0-4%	5-9%	10-14%	15-19%	20-29%	30%+			
5. Triglycerides* (mmol/L)	under 1.0	1.0-1.6	1.7-2.7	2.8-3.9	4.0+				
6. Diabetes (Duration in years)	None	under 5	5-10	10+					
7. Resting Pulse (Beats/min.)	under 56	56-62	63-69	70-80	80+				
8. Stress	Rarely tense	Tense 3x/wk	Tense 2-3x/day	Tense & rushed	On tranquilizers				

Risk Factor	Score
1. Cholesterol	_____
2. Blood Pressure	_____
3. Smoking	_____
4. Overweight	_____
5. Triglycerides	_____
6. Diabetes	_____
7. Resting Pulse	_____
8. Stress	_____
Total Score	_____

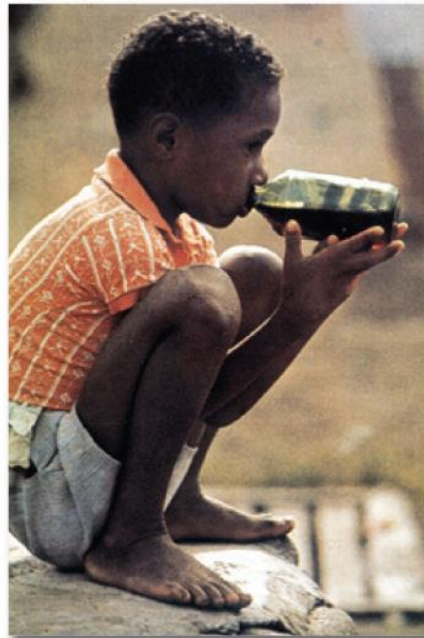
* To determine your cholesterol, triglycerides, and blood pressure, just see your physician. The blood test is very simple and inexpensive, and takes about five minutes. What you learn may save your life! If you take a blood pressure pill, score four points regardless of your blood pressure level.

** To determine your percentage overweight, look up your ideal weight (see page 175), take its midpoint, and subtract it from your actual weight. Divide the difference by your ideal weight and multiply by 100.

SOFT DRINKS

The Carbonated Generation

World-wide, carbonated soft drinks are sold in more than 200 countries and 200 billion litres are consumed every year. That averages out to almost 30 litres a year for every man, woman, and child in the world. Globally, Africa has one of the highest growth rates for soft drink sales. In fact, Africans consume more than twice as many carbonated soft drinks as they did 20 years ago—a habit that contributes to obesity, tooth decay, and loss of bone mass.



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Aren't soft drinks a good way to help people drink more fluids?

Take one glass of water, add 32 to 48 grams of sugar, mix in a dose of chemicals—and you'll get a soft drink.

The extra sugar intake from soft drinks produces at least five undesirable side effects:

1 Unbalanced nutrition. Most soft drinks contain 120 to 180 calories of sugar, but no needed nutrients. A typical sedentary woman requires only about 1,200 to 1,600 total calories a day to maintain optimal weight and good health. Over time this imbalance could cause her nutritional status to become marginal. The same applies to sedentary men, who may need about 1,800 to 2,400 calories a day.

2 Extra fat storage. If the soft drink calories are added to the food calories, the excess will be stored as fat.

3 Uneven blood sugar. Sugar calories lack fibre and rapidly enter the bloodstream, raising blood sugar levels and providing a temporary boost of energy. When the blood sugar level goes up, insulin enters the bloodstream to pull the raised

blood sugar back down, and energy levels drop. This sequence promotes the cycle of reaching for another, and yet another, soft drink or other sugary snack.

4 Delayed digestion.

When a sugared drink arrives in a stomach that is processing other food, digestion slows down until the new calories can be handled. An occasional drink probably wouldn't make much difference, but if it happens several times a day it can prolong digestion and stress the stomach.

5 Acid rebound. Most beverages, including sodas, increase acid secretion in the stomach. This increase usually occurs after the beverage leaves the stomach, producing a rebound effect.



No wonder diet drinks have become so popular! Is this a good solution?

Diet carbonated soft drinks solve the sugar problem, but that's not the whole story. Most beverages, sugared or not, contain preservatives, flavourings, colourings, and many other chemicals. Some of these need to be detoxified and eliminated from the body. Some may also irritate sensitive stomach linings.

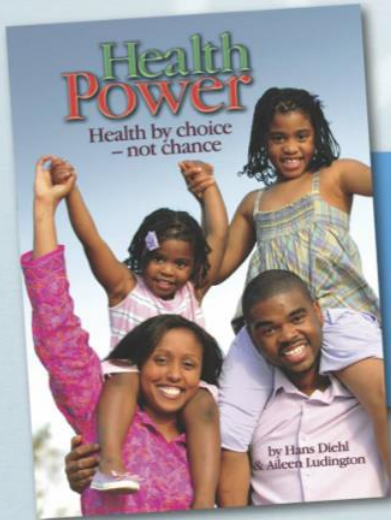
Many soft drinks, whether diet or not, contain phosphoric acid, a powerful chemical used to etch glass. Americans already consume too much phosphorus, which the body eliminates through the kidneys by combining it with

The expanding soda bottle



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Health Power



Lifestyle Books



Health Power

The main objective of **Health Power** is to educate and motivate people to adopt a healthier lifestyle.

'This book may be the most practical and clear guide I have seen to achieve a better lifestyle.' (Dan Matthews, TV host of *Lifestyle Magazine*.)

Health comes by choice, not by chance.

The authors of **Health Power** have been in the forefront of preventive medicine since long before it was fashionable. They confront health questions and anxieties with compelling evidence and grace. No one can read even a few of these chapters and remain the same.

What information and principles should we follow to achieve powerful good health? We must understand and strive to balance all parts of our life: work, family, health, friends, religion.

With a clear and practical approach, the 7 sections of **Health Power** will help you realise that all these aspects are largely under your control.

1. Section 1 gives us a Health Outlook for today's society:

- Myths and miracles in the medical world
- The Western diet: is there anything wrong with it?
- Seven wrong roads to modern nutrition
- Growing healthy kids
- Ageing healthily and gracefully.

2. In Section 2 we will learn how we can prevent and even reverse many of today's major killer diseases such as diabetes, high blood pressure, heart-related diseases, AIDS, alcoholism, skin allergies and even cancer, among others.

3. By reading 'Understanding Food' in Section 3 and 'Weight Control' in Section 4, we can learn how to make sense out of confusing and often contradictory health information.

- How digestion works
- Information about different kinds of bread
- Who needs milk?
- Good vs. bad cholesterol

4. Find out how to achieve your optimum weight in Section 4, looking at 'quick-fix' diets, snacks, breakfast, soft drinks, and a 'fail-safe formula' for eating more yet weighing less!

5. Section 5 introduces all the elements to have a new start in your life using natural remedies.

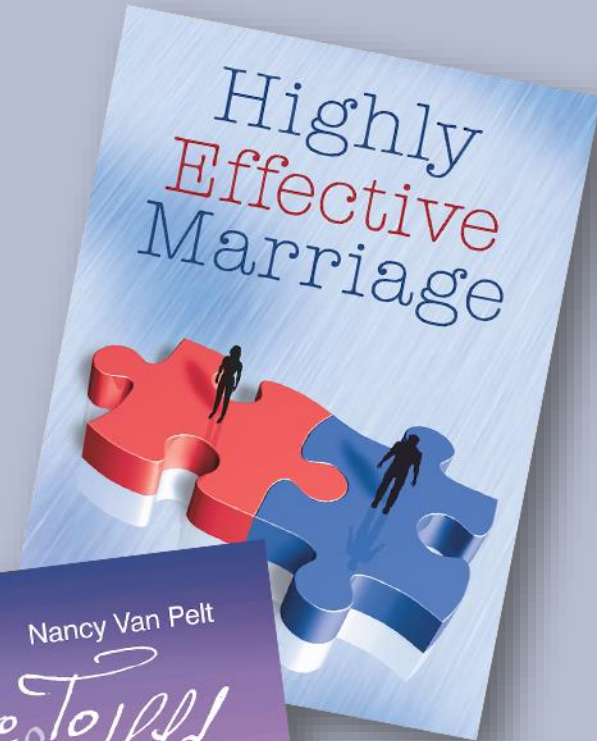
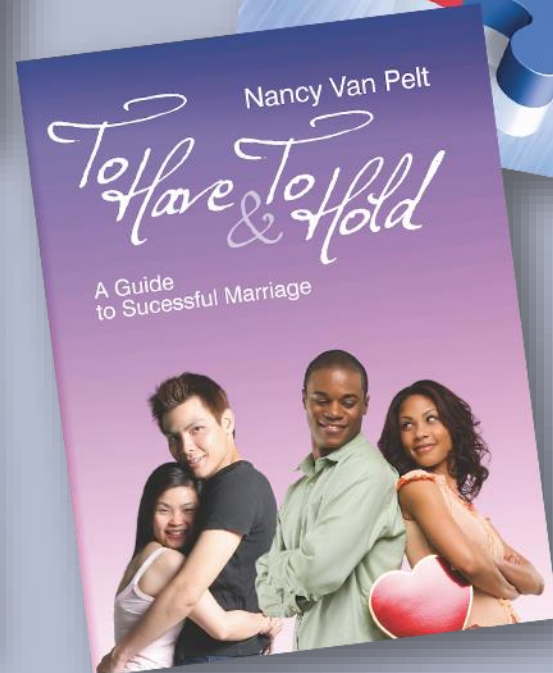
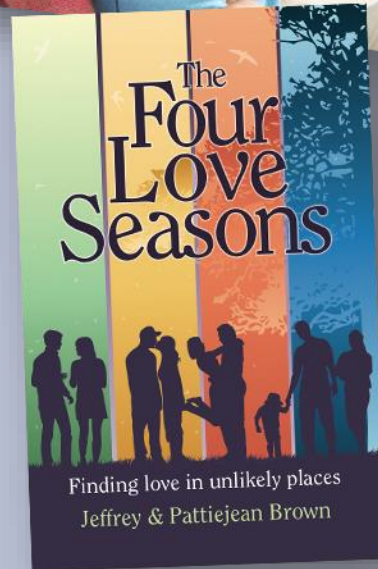
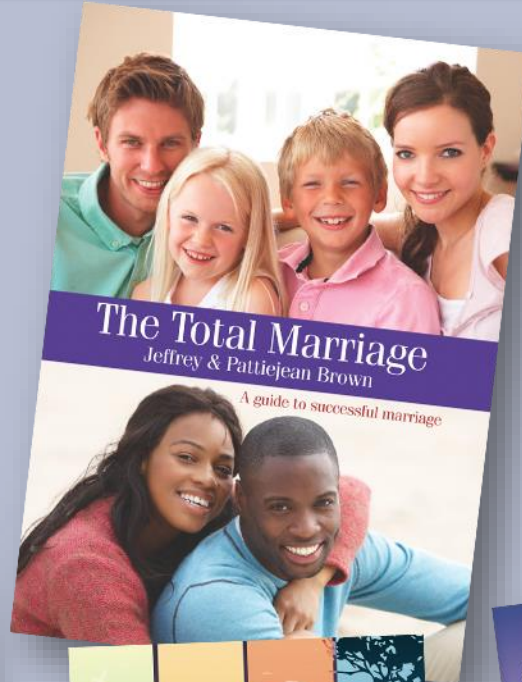
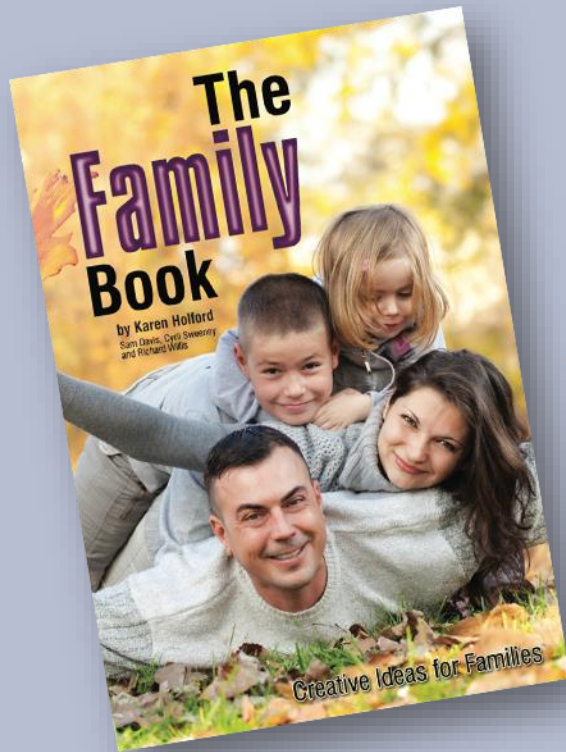
6. We can learn how to strengthen our social and family relationships at the same time as cultivating a more meaningful spiritual life by reading about the mind-body connection in Section 6.

7. The last section contains very practical advice on how to make the transition to a healthier lifestyle, including easy-to-apply tips on how to Eat for Health and Live for Health!

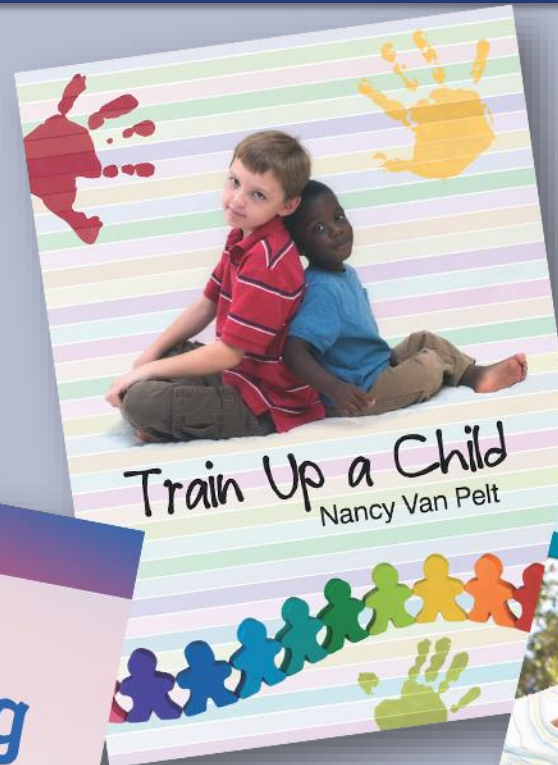
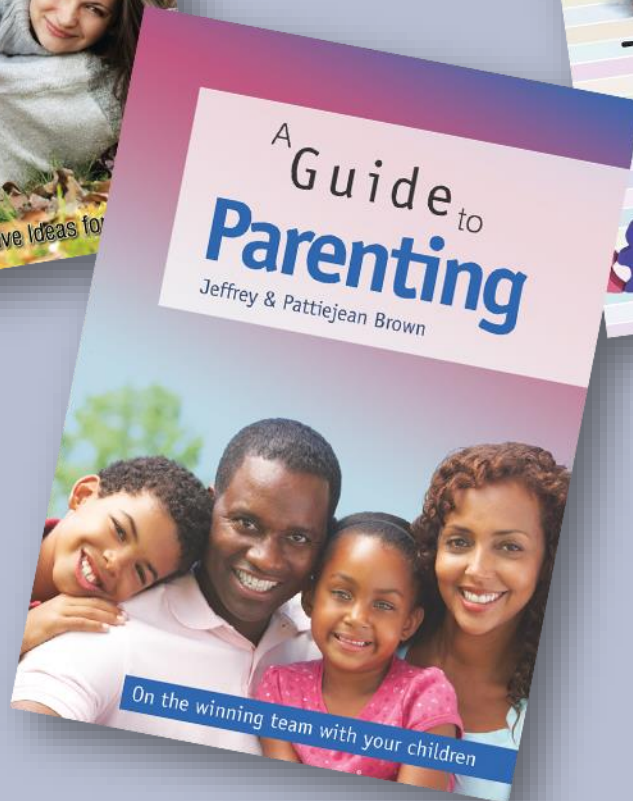
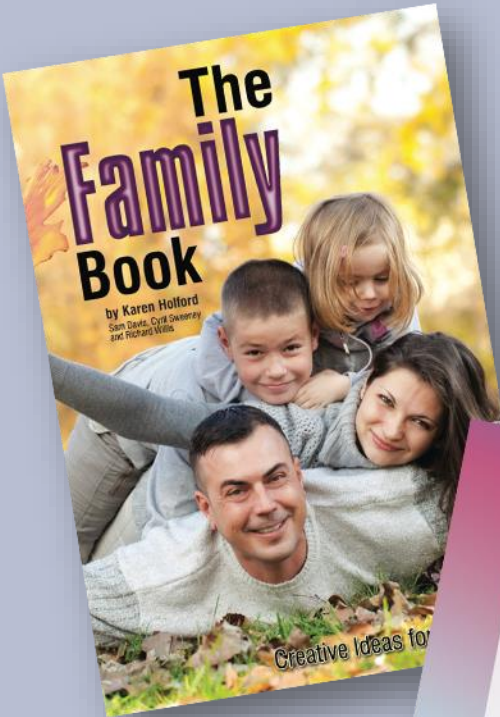
Health Power will help you discover – day by day and step by step – not just a better life, but the best life!



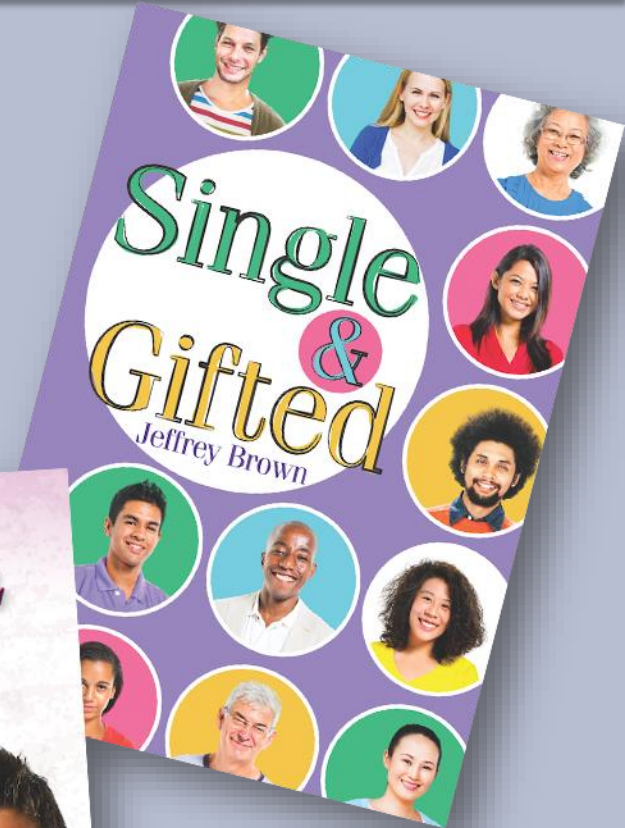
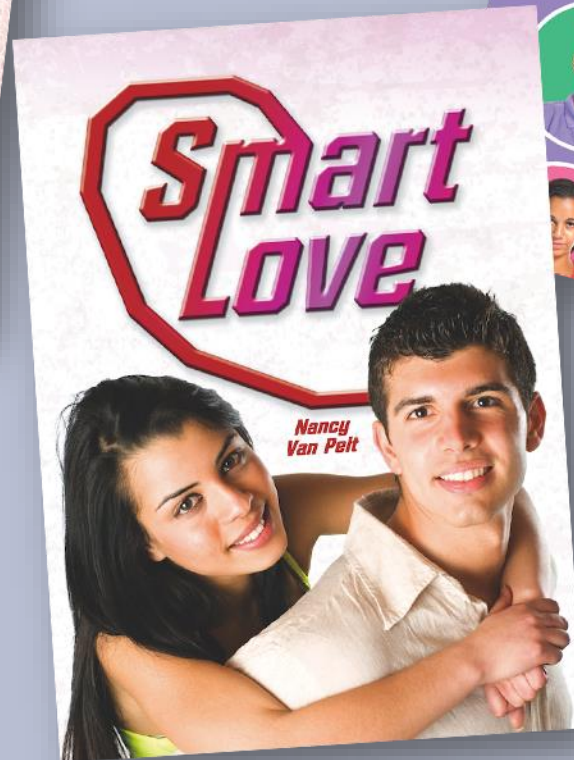
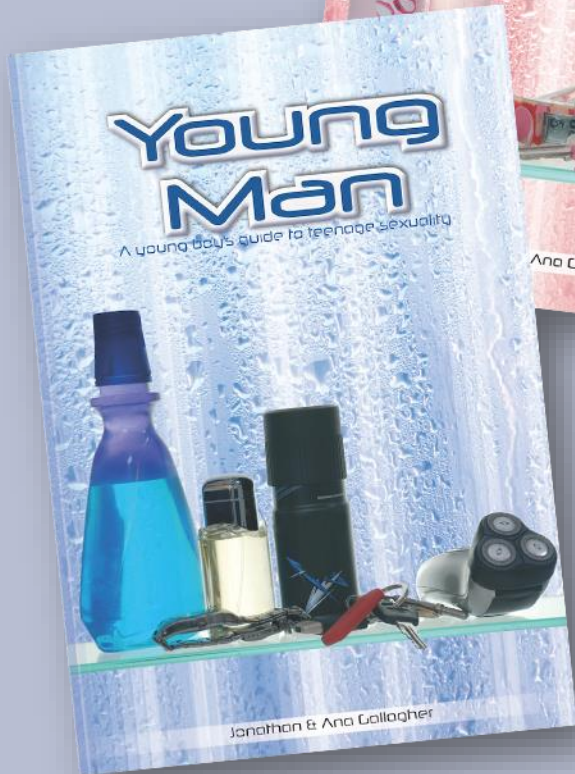
Marriage Counseling



Parenting



Young Adults



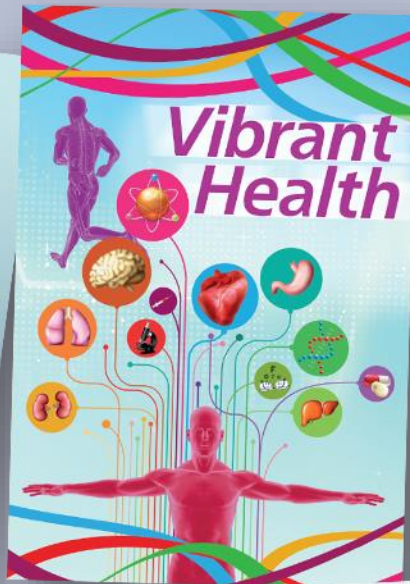
Health & Lifestyle

Healing Wonders of PLANTS

volume 1

volume 2

by J C Kurian



Health Power

Health by choice
— not chance

by Hans Dichl
& Aileen Ludington

understanding Nutrition

by Dr Clemency Mitchell

Pathways

to Health
and Happiness

FAMILY MEDICAL HANDBOOK

YOUR HOME GUIDE
TO HEALTH AND BASIC
EMERGENCY CARE

Mervyn G. Hardinge, M.D., Dr. P.H., Ph.D.
Harold Shryock, M.A., M.D.

Home health care...

... simple measures for emergencies in the home.

Richard J. B. Willis
and
John M. Wilby

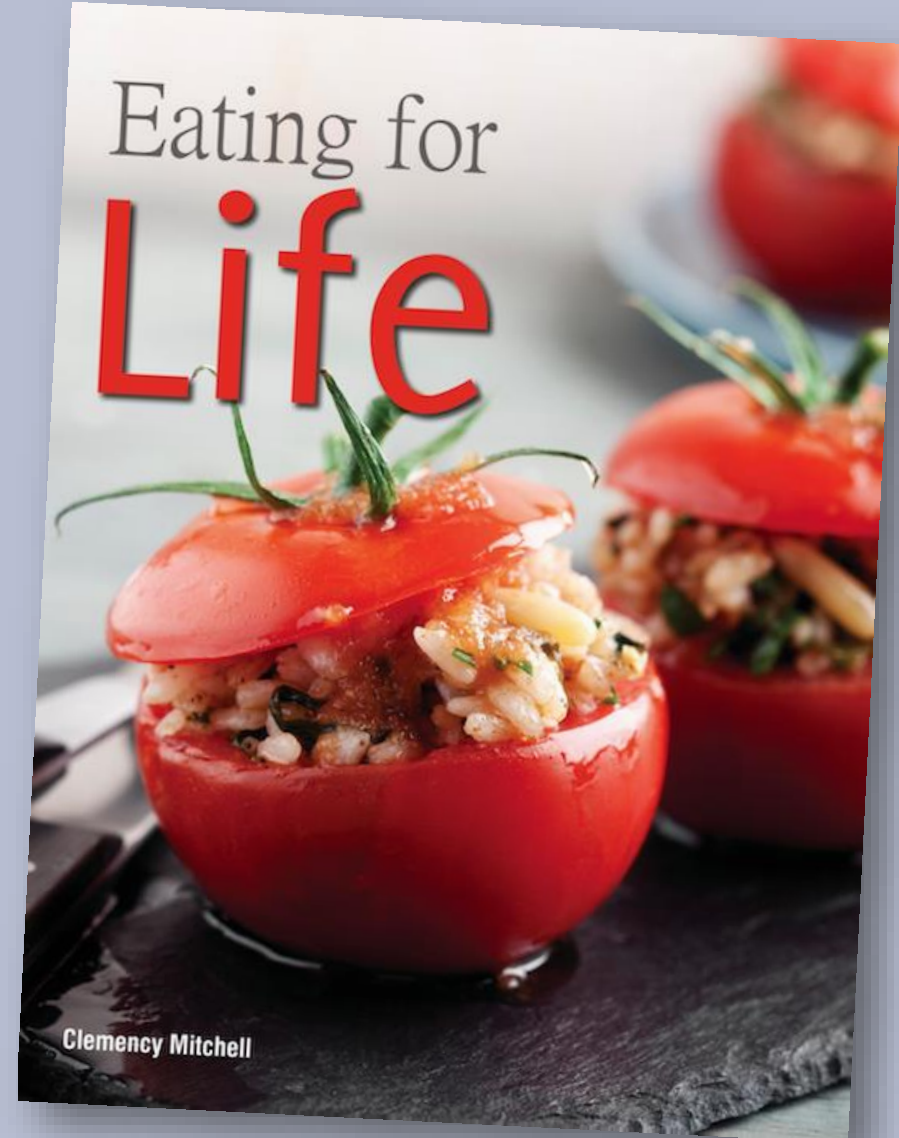
Cracking the Stress Problem

Richard J. B. Willis

Eating for Life

- Healthy eating can and should be fun.
- Nutritional guide for developing healthy, tasty and attractive meals.
- Wonderful recipes that are designed to prevent the development of conditions (Diabetes, Cancer, High blood pressure, etc.)

Author: Dr Clemency Mitchell



Eating for Life



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Equipment

The simpler the food, the simpler the equipment needed. The absolute basics are a chopping board, a sharp knife, a grater, a good saucepan with a well-fitting lid and a sieve. Here are some other suggestions for what should be in the well-equipped vegetarian kitchen:

- **Measuring cups and spoons:** scales are seldom needed with this type of cooking.
- **A set of stainless steel saucepans,** including a steamer for cooking vegetables.
- **A blender with a coffee mill attachment.** This is a most important piece of electrical equipment for vegetarians and vegans. Cheap ones are as effective as expensive ones, but do not last as long. If you are planning to make your own nut butters regularly, it's worth



Eating for Life



investing in an extra-strong one. A hand blender is useful, too. Food processors are also very useful, but not as vital as blenders.

- A **pressure cooker** is very useful for beans, chickpeas and other things that need long, slow cooking. **Slow cookers** can be used for the same things.
- **Ovenware:** ceramic or glass casserole dishes, pie dishes, baking trays and loaf tins.

The store cupboard

Here are a few suggestions about those things to have on hand.

Seasonings:

- Salt and herb salt such as Herbamare, vegetable stock cubes, yeast extract.
- Dried herbs such as mixed herbs, bouquet garni, dried basil, tarragon, oregano, freeze-dried parsley and dill.
- Mild spices such as coriander, cumin, cardamom and sweet Hungarian paprika. (In the interest of good digestion, black or red pepper, chillies and other irritant spices are only sparingly used in these recipes.)

Staple dry goods:

- **Cereals:** rice, whole cereal grains, flakes, including porridge oats, and flours – wholewheat for general use, unbleached white for occasional use, cornflour for thickening things.
- **Pulses:** lentils, beans and chickpeas if you have time to soak and cook them.
- **Nuts:** all kinds, but store large quantities in the freezer or fridge.
- **Seeds:** sunflower, sesame and pumpkin seeds and tahini. Store large amounts in fridge or freezer.
- **Dried fruit:** chopped dates, raisins, dried apricots.

Tins:

Tomatoes, tomato purée, beans, chickpeas and other pulses, and sweetcorn.

'Milks':

Soya milk and coconut milk (tins).

Olive oil:

Extra virgin cold-pressed for salads, standard olive oil for cooking. Store these out of direct sunlight.

Lemon juice.

The freezer

The vegetarian freezer is mainly used for storing items like berries, plums and apple sauce, vegetables like frozen peas and beans, nuts, seeds and other things that are much cheaper in bulk but don't keep forever on the shelf.

Shopping

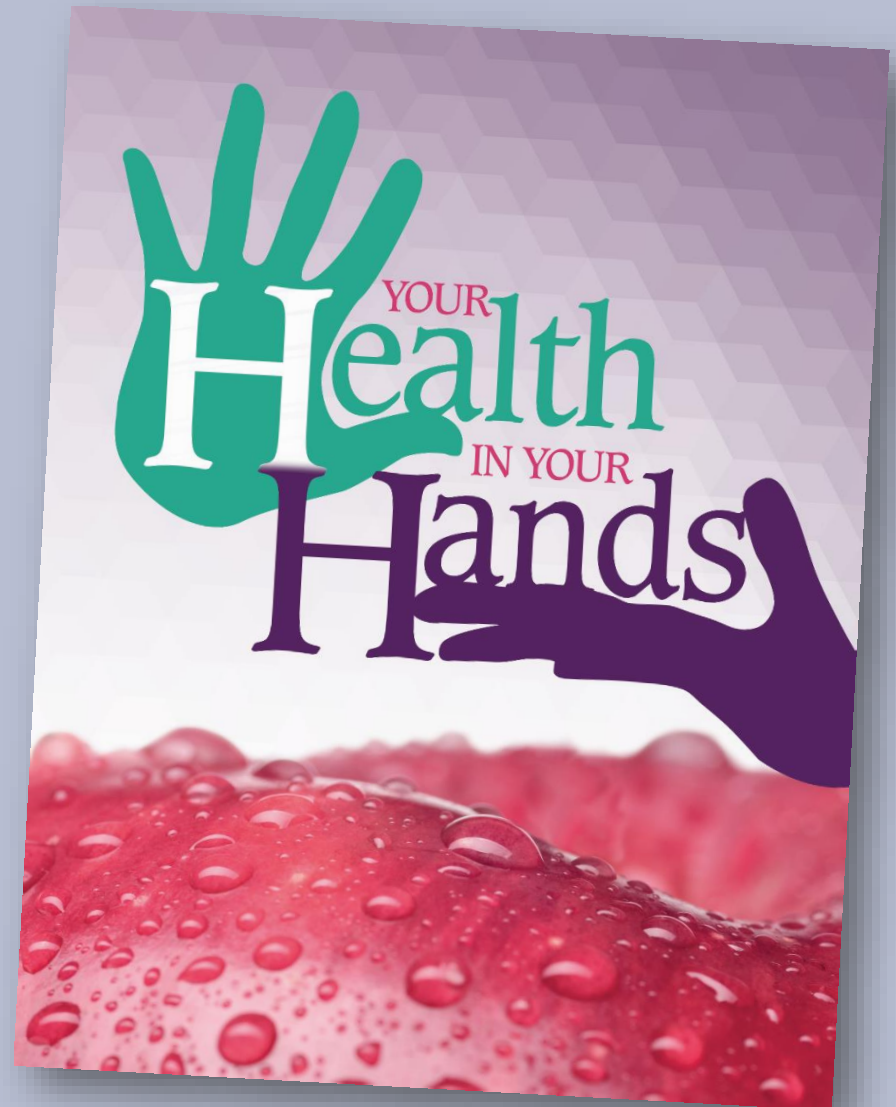
There are plenty of healthy foods available in the major shops, but it is always a good idea to read the labels, especially when buying tinned or other processed products.

- **Fruits and vegetables:** the fresher, the more seasonal and the more locally produced, the better. Go to farm shops, local markets and 'pick your own' farms if you can. Organically grown is the very best, so long as it's fresh as well.
- **Packet cereals:** select those that are the most natural with no added sugar or salt. Be aware that almost all packaged cereals have added sugar and/or salt. Most of the crunchy oat cereals contain oil and lots of sugar.
- **Loose cereals for cooking:** porridge oats, brown rice, whole barley, cracked wheat.
- **Dried fruits:** raisins (preferably without added oil), apricots, dates, figs, pears, etc.
- **Nuts and seeds:** health food shops are also a good source of these products. Remember that roasted nuts usually have added oil and lots of salt.



Your Health in Your Hands

- Lifestyle diseases are the biggest killers the Western world faces – and they're of increasing concern for the developing world, too.
- Your health and the health of your family is increasingly a matter of choice, not chance. Find out more about how to choose wisely in this fascinating book originated by a team of doctors and healthcare professionals.



Your Health in Your Hands



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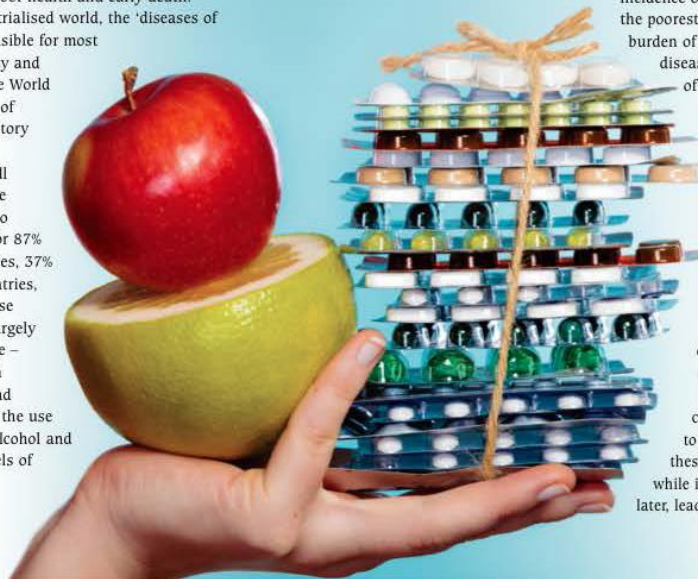
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Your Health in Your Hands

1 There is a choice

Disease never comes without a cause. It is not just the result of fate or our stars (horoscope), nor is it always entirely due to factors beyond our control. Most diseases are due to the simple outworking of the laws of cause and effect; they mainly result from our violations of the laws of health. This is good news, because it means that most health problems are preventable, or at least can be postponed. Our own choices can lead to better health and longer life, or poor health and early death.

In the rich countries of the industrialised world, the 'diseases of civilisation' prevail. They are responsible for most deaths and for much of the disability and chronic ill health we experience. The World Health Organisation stated that, as of 2012, cancers, diabetes, and respiratory and cardiovascular diseases were collectively responsible for 80% of all deaths caused by non-communicable diseases (NCDs). Furthermore, it also noted that NCDs were responsible for 87% of all deaths in high-income countries, 37% of deaths in the lowest-income countries, and 68% of all deaths globally.¹ These diseases are now known to result largely from the so-called 'civilised' lifestyle – the overabundant diet, with its high proportion of refined fats, sugars and animal products; a lack of exercise; the use of socially acceptable poisons like alcohol and tobacco; and the generally high levels of stress most of us are exposed to.



In the past there used to be a very different pattern of disease. Most illnesses and deaths were due to infections. Poor or non-existent sanitation and public health services allowed these infections to spread. Poverty and poor nutrition lowered people's resistance, while limited medical understanding meant that there were few effective treatments. All these factors resulted in a high incidence of infectious disease and premature death, as they still do in much of the developing world.

The picture is now changing in the developing countries, but not always for the better. The Western diet and lifestyle are becoming more and more popular with everyone who can afford them. Sedentary work and cars are in demand; Western-style high-fat fast-food outlets are multiplying; the use of tobacco and alcohol are increasing; and with all these changes, so is the incidence of degenerative disease. As a result, the poorest countries now have the double burden of a) unconquered infectious diseases, and b) the rising incidence of degenerative illnesses.

Choosing health

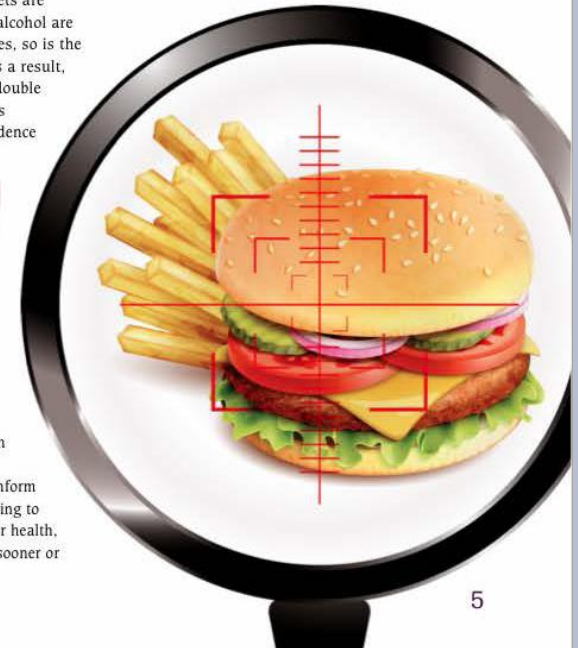
The laws of health are so simple that children can easily learn and understand them, but practising them is a lot more difficult. It calls for willpower and determination, especially in the face of social and commercial pressures to conform to unhealthy customs. Adhering to these laws is the route to better health, while ignoring or flouting them, sooner or later, leads to trouble.

There is one law about which we have no choice: **the law of heredity.** We all inherit our basic constitution from our forebears. We all have certain

'Genes load the gun; lifestyle pulls the trigger.'

bodily strengths and weaknesses which influence our resistance and

susceptibility to disease. However good or bad this inherited constitution may be, positive health choices enable us to make the very best of what we have been given. Poor choices will have the opposite effect. On average, a person's health and longevity are 20-30% due to his genes and 70-80% due to his lifestyle.² It has truly been said that 'Genes load the gun; lifestyle pulls the trigger.'

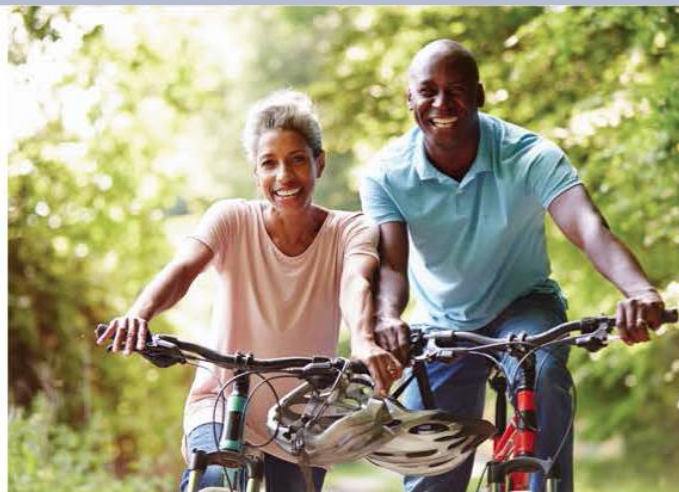


Your Health in Your Hands

The other laws of health

The laws of activity and rest

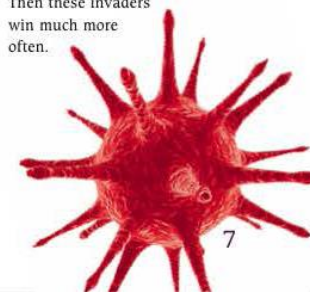
Our bodies are designed for action. Four hours of vigorous outdoor work each day would be ideal but, unfortunately, in the West most people have sedentary jobs that leave little time for exercise. Dr Kenneth Cooper, the 'father of aerobics', found that his volunteers were relieved of all sorts of symptoms when they followed his exercise programme. Brisk exercise is, in fact, a major factor in longevity, and in the prevention of heart attacks, strokes, cancer, arthritis and many other diseases. It is also very important to those trying to recover from these problems.



Fighting disease

Our bodies have truly amazing **defence systems**. When danger threatens, the emergency services of the immune system go into immediate action to ward off the invaders. We, by making right choices, can actually make a great difference to their efficiency and effectiveness.

Although in the West most deaths, disabilities and chronic ill health are due to degenerative diseases, infections still cause many minor, and some major problems. Our bodies have a very active defence system to get rid of these foreign invaders. Infections occur when microorganisms – bacteria, viruses and others – invade, and the defences are mobilised as soon as they enter the body. Because most people in the West are fairly well fed and live in reasonably hygienic surroundings, their immune systems win most of the time, and they have good medical care and powerful antibiotics to take over should they start to lose. The situation is very different where there is too little food and poor sanitation. Then these invaders win much more often.



The laws of nutrition

There should be an adequate supply of simple, wholesome food, prepared simply and naturally, and an adequate intake of clean, pure water. The type and amount of food we eat should be age- and occupation-appropriate, and in harmony with the climate we live in. Ideally one should eat at regular intervals, with the largest meals early in the day, and no between-meal or bedtime snacks. As well as being nutritious, our food should also be appetising and enjoyable.

The laws of abstinence from poisons

This includes those socially acceptable poisons – alcohol, tobacco and caffeine – along with all the other varieties of recreational and mind-altering substances, and all unnecessary medications. It also includes the avoidance of poisons that are found in pollutants, such as herbicides and pesticides in food, industrial and domestic pollutants and car exhaust emissions. (Realistically speaking; no one can possibly avoid all contact with pollution, but there are many choices we can make to diminish the amount we do encounter. Each of us must decide this for ourselves.)

The laws of the mind and spirit – trust in divine power

A peaceful and cheerful frame of mind is necessary for optimum health. Those who have tried it will testify that the best way to achieve this is by submitting one's life to God's will, learning about Him and obeying Him. Trust in divine power also builds trust between people – parents and children, teachers and students, colleagues and workmates. When people trust each other, it greatly reduces the interpersonal stress that contributes to disease. One way of building trust in divine power is by studying the Creator's handiwork in the design and working of our own bodies. The complexity of the human body is astounding, and inspired King David to write, 'I will praise [the Lord]; for I am fearfully and wonderfully made' (Psalm 139:14, KJV). What better motivation could there be for maintaining health, than to keep our bodies fit for our Creator's service?

Your Health in Your Hands



10

Increasing the antibody armoury

Immunisation is a method of inducing the immune system to produce antibodies that will stay in the circulation and be ready to inactivate invading organisms before they have time to produce an illness. Unfortunately they don't always produce the desired immunity, nor is it always very long-lasting; hence the need for booster doses. The idea is to prepare the body to defend itself against specific diseases, such as measles, diphtheria, tetanus, or polio, by stimulating it to produce appropriate antibodies in advance – so that, when the germs strike, the antibodies will be available at once, with no long time lag during which the disease can develop. Small doses of such organisms, which have been modified so that they are too mild to cause the disease but still have their antigens intact, are used to stimulate the lymphocytes to produce antibodies over the next few days. Then, if the real germ attacks, the disease is prevented.

Two hundred years ago Dr Edward Jenner noticed that milkmaids never got smallpox, a disease that was very common, often fatal, and usually very disfiguring. A milkmaid told him that it was because they had had cowpox, a mild illness that they caught from their cows. Dr Jenner developed the practice of vaccination, introducing cowpox organisms through scratches on the skin. Thus began the decline of smallpox, the last case of which was recorded in the 1970s.

Since then, vaccines have been developed against many other diseases, and research on others continues.

Other commonly used vaccines . . .

Diphtheria is a dangerous throat infection, which was common and frequently fatal in Europe a hundred years ago. The incidence of the disease had already greatly declined by the time the vaccine was introduced in the 1940s, and it is now largely unknown in the developed countries of the West, but still occurs in Eastern Europe and some developing countries in Africa and Asia.

Whooping cough (pertussis) is a respiratory infection mainly affecting young children. It is an unpleasant illness, often causing weeks or months of severe and distressing coughing. It can be fatal in small children, especially if they are undernourished.

Tetanus is caused by organisms which live in the digestive tracts of farm animals and survive in manure, soil and road dirt. They enter the bloodstream through wounds, especially deep penetrating ones that have been contaminated.

They produce very deadly toxins that cause severe and painful muscle spasms that can be fatal if they interfere with breathing. This disease is now very rare indeed in developed countries, partly due to immunisation and partly due to better hygiene and wound care, and to improved health and nutrition in general. It is still common in those countries where there are inadequate immunisation programmes and poor hygiene, and where people are frequently in contact with animal dung. This is especially true where it is used as fuel or in building materials. Tetanus of the newborn occurs in some areas, the organisms entering through the umbilical cord stump.

Polio is a virus that enters via the digestive tract – for example, by drinking water that is polluted by sewage. It attacks the nervous system and causes muscle paralysis, which can lead to death if it paralyses the respiratory muscles. It takes its greatest toll in childhood. It is now extremely rare in countries with an effective immunisation programme, and the World Health Organisation hopes it will soon be eliminated completely.



11

Your Health in Your Hands

Building resistance naturally

Immunisations can obviously be lifesaving, but resistance to disease depends on much more than the presence of specific antibodies. General health and well-being are basic to our resistance to both infections and degenerative disease. There are a number of completely natural ways of boosting our defences, over which we have choices to make for ourselves and for our families.

Among its many other good effects, vigorous **exercise** increases the number of white blood cells in the circulation. It also speeds up the circulation, thereby speeding up the process of getting these defence forces to their battle stations. Regular hours for rest are very important too, because the immune system is restored while we sleep. Hormones and body cycles have inbuilt rhythms. Regular hours really are important, especially if there is a risk of illness, or if an actual illness is already present.

You can also boost your white cell count with **cold water**. Cold water on the feet sends a message of imminent danger to the immune system and calls for instant mobilisation of white cells. Dry your feet quickly and put on warm socks after the cold footbath. You will feel comfortable and your white cells will remain on the alert. A cold shower or bath has the same effect: it's a practice exercise for our immunity battalions. A cold shower may be a pleasant prospect in a warm climate, but less so during a European winter. There is good news, however, because if you take a warm bath or shower, you will get a similar effect if you simply finish off with a few seconds of cold water. Be sure to dry quickly, and within a few seconds you should feel a warm glow. The cold water will have closed down the superficial blood vessels that radiate heat after the warm bath, and you will feel warmer having had your final cold splash than you would have done had you stepped straight out of a hot tub. A word of warning: beware of chilling – too much cold when you are not used to it will leave you feeling cold, and this will have the opposite effect, of actually depressing your immune system. If you find it difficult to warm up, don't do it.

Healthy eating boosts the immune system. All the natural plant foods – the fruits, vegetables, grains, nuts and seeds – help the body's defences. There should be plenty of fruits and vegetables in our diets, some of them raw. Variety is not only the spice of life, but also an important factor in staying well. Along with their own quota of vitamins and minerals, the different plant foods each contain their own individual blend of phytochemicals, each one helping to enhance our defence systems in their own way. The refined foods, especially those high in sugar and fat, have the opposite effect.

'Phytochemicals' are just 'plant chemicals', called that because they are only found in plants. They are present in minute amounts and give the plant foods their distinctive colours and flavours. They have very important immune-boosting properties and help to prevent ageing and degenerative diseases, including cancer.

Breastfed babies get passive immunity – antibodies from their mothers' blood are passed on in the milk. Breastfed babies have fewer infections of every sort, and they get a head-start in preventing future degenerative diseases.

There will be much more about the **laws of avoidance** later in the book, but it bears mentioning here that poisons, including socially acceptable ones such as nicotine and alcohol, all depress the immune system in their own specific ways.

The laws of the mind and spirit. Cheerfulness and optimism are important factors in stimulating the body's healing and defensive powers. Those who can trust in divine power for help in meeting the stresses and tensions of everyday life have a great resource. The mind has an influence on all body systems and their activity. Depression slows things down; cheerfulness stimulates. Fortunately, we are not totally at the mercy of our feelings in this matter. We can use our will to think about pleasant topics even if we are feeling terrible. Harness your willpower, and if cheerful thoughts seem impossible then just breathe a prayer of thanks for whatever positive factors you can think of. If possible, say it aloud. Read a psalm of praise, or will yourself to sing a cheering hymn or song. As you make this effort, it actually alters the chemistry of your brain. Endorphins help to lift our spirits *and* they boost the immune system too. Cheerful thoughts help to heal the body as well as the soul.

Endorphins are substances formed in the brain by sunshine, enjoyable exercise and other pleasant experiences and thoughts.

They stimulate the immune system to fight disease, raise the pain threshold to make discomfort more bearable, and act as natural antidepressants and tranquillisers.

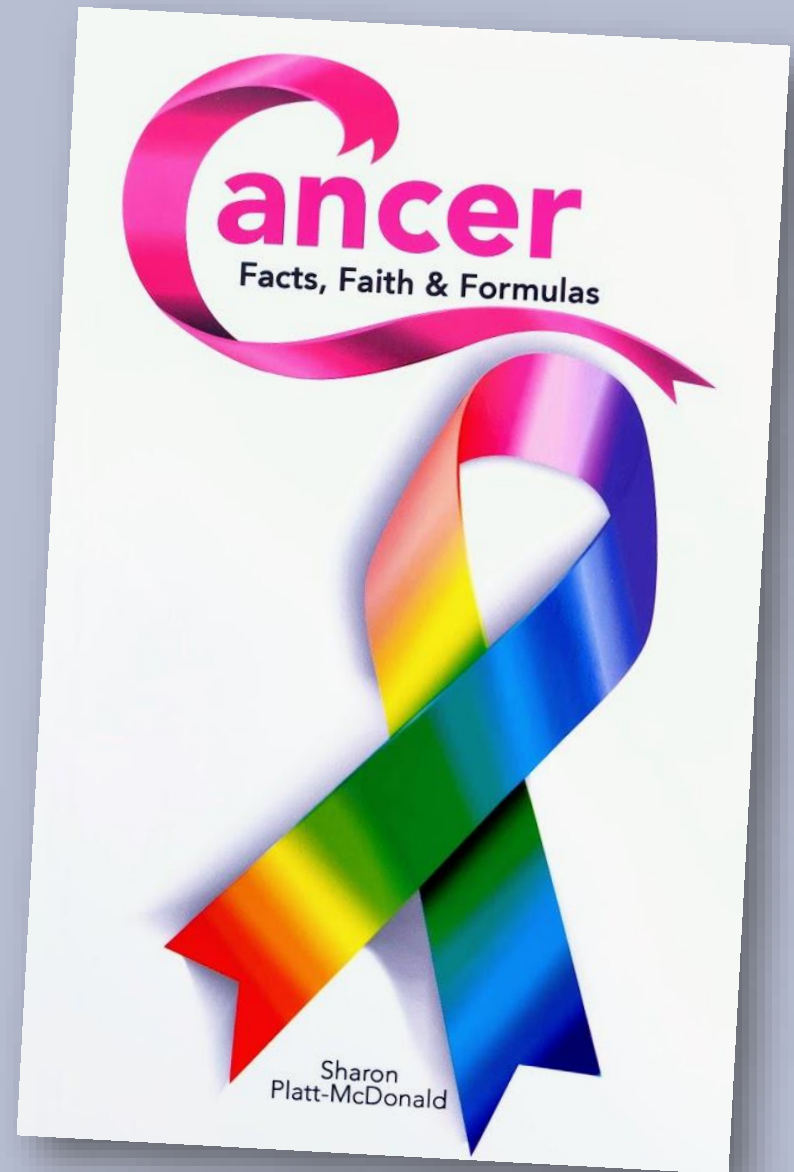
¹ www.who.int/mediacentre/factsheets/fs319/en/index2.html

² www.sciencemag.com/article/genetic-factors-associated-with-increased-longevity-identified/

³ www.sciencemag.com/article/why-are-ashtma-rates-soaring/

Cancer – Facts, Faith & Formulas

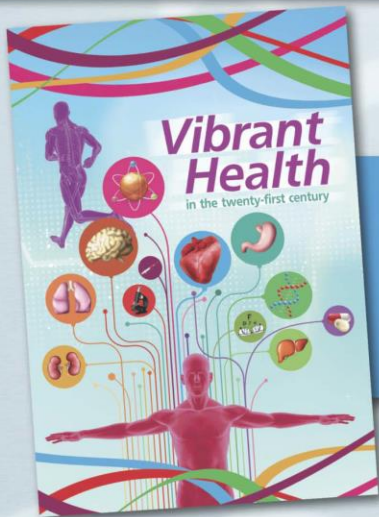
Cancer is the biggest killer we face today. What can we do to prevent it? How do we recover from it? Where does our faith fit into the picture? In this thoroughly researched book, Sharon Platt-McDonald tries to make sense of this senseless disease.



Vibrant Health

The Stanborough Press Ltd

Alma Park, Grantham, Lincs, UK NG31 9SL



Family Health

Vibrant Health in the twenty-first century

Leading physicians, health experts and top consultants have collaborated to produce a book in which the emphasis is on vibrant health, how to attain it, how to keep it, and how to recognise danger signals and take appropriate action.

Dr Clemency Mitchell, the medical editor, has been at the forefront of the nutritional revolution. She outlines a health regimen – including diet, exercise and stress control – that will both greatly improve your quality of life and help

you avoid the major killer diseases.

Vibrant Health in the twenty-first century is a large-format, 271-page volume with full colour throughout and it covers interesting issues such as:

Vibrant Health in the 21st century

Lifestyle Books

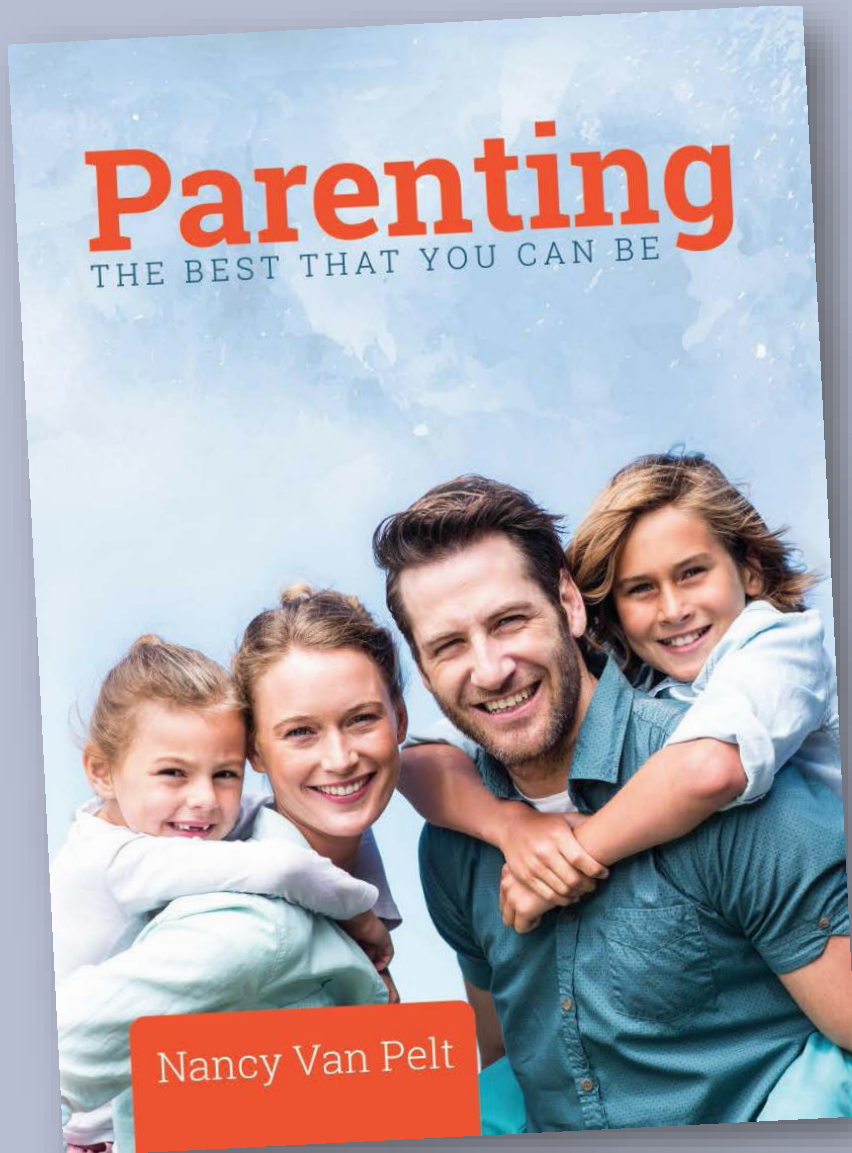


- The lifestyle choices to maximise health
- HIV, AIDS, STDs
- How to keep your heart healthy
- How to cope with stress
- How to stop smoking
- Alcohol and you
- The use and abuse of drugs
- How to weigh what you want to
- How to keep fit
- How to eat right
- Back pain
- How to reduce the risk of cancer
- Family planning
- Pregnancy and childbirth
- Child health
- Allergies
- Dental health
- Simple home treatments
- First Aid



This book presents a comprehensive guide to health for all the family. A book directed to those who are healthy and want to remain healthy!

Parenting: The Best That You Can Be



Have you ever wondered how some parents do such a good job of raising their children? A certified family life educator and a grandmother with three grown children of her own, the author draws from Scripture, in-depth research on the topic and her wealth of personal experience to give us some really valuable tips on how to do this. Learn how to raise your kids to be the loving, lovely and responsible young people you know they can be.

Parenting, the best that you can be

Parenting: The Best That You Can Be

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Unless otherwise stated, Bible quotations are taken from
The New International Version (Hodder and Stoughton).
Other versions used, indicated by initials:
NRSV = New Revised Standard Version (Oxford)
NLT = New Living Translation (Tyndale)
TLB = The Living Bible (Kingsway)
KJV = King James Version

Important note: Unless otherwise obvious from the
immediate context, all personal pronouns such as he, she,
him or her should not be regarded as excluding the other
gender.

What's inside?

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Parenting, the best that you can be

Parenting: The Best That You Can Be

PARENTING: THE BEST THAT YOU CAN BE

They recognise that, even when they take two steps forwards and one back, they are still moving towards their goal. Keep your eyes on your successes, whether large or small, rather than being swallowed up by your failures.

From your mistakes, learn what works with your child and what doesn't. But celebrate your successes. Press towards your goal of raising a responsible, well-behaved child with strong values – a child that you and others will enjoy having around. Remain confident in your ability to be more successful in only three weeks. Much of what you accomplish in the next twenty-one to forty-five days depends on your attitude and whether you believe you can do it.

You could be like the person who is afraid of water and, when seeing a large

wave coming in his direction, panics and runs, only to be caught, knocked down and crushed by the cold, rushing water: or you can be like the surfer who anticipates the giant wave, prepares to meet it, rises above it and rides it successfully! Your children are the stars in your crown. It is time for these stars to begin to shine. When they shine, so will you. My challenge to you today is to step up to the plate and accept the daunting task of parenting the way God intended.

Your family is your major priority right now. Commit yourself to it. It won't always be easy. It won't always be fun. But it will be worth it in the end when you achieve the success you seek.

Nancy van Pelt

The Good Parent Test

FROM TRAIN UP A CHILD

Are you a good parent? Are you really successful in dealing with the problems that arise daily? Here's a fun test that will measure your current knowledge and ability. Don't take the test too seriously. Just enjoy it!

There are few all-right or all-wrong answers, but if you study the responses carefully you will find one more nearly correct than the others.

If you have children at home, answer each question according to how you would respond now, not how you think you should respond. If you plan to be a parent some day, answer the questions as you think you would function. If your children are grown, answer as you acted back then.

If you were in a doctor's surgery and had to wait before seeing the doctor, what would you be likely to do while waiting?

1. Supervise my child's play
2. Chat to someone in the waiting room
3. Read a popular glamour magazine from the table
4. Read a parenting magazine from the table

The most valuable gift I as a parent can give to my child is:

1. Self-respect
2. Love
3. Discipline
4. Quality time

Before you begin

I frequently discuss and seek child-rearing advice from:

1. No one
2. Friends and relatives
3. Books and seminars
4. 2 and 3

If my child frequently cried because the other children at school didn't like him, I would:

1. Help him find a special talent or compensating skill
2. Talk with his teacher about it
3. Spend more time with him
4. Talk with his friends about it

Positive feelings of worth in your child can best be built by:

1. Utilising natural consequences
2. Talking and listening more
3. Spending quality time with your child
4. Helping your child feel special, loved, and a secure part of your family

On average, how much time a week do you spend communicating with your child one-to-one without TV or other interruptions?

1. More than one hour
2. 31 to 60 minutes
3. 11 to 30 minutes
4. 10 minutes or less

If my child moped around the house complaining there was no one to play with and nothing to do, I would probably:

1. Send him to his room to play
2. Give him a job to do
3. Stop my work and play with him
4. Listen to the feeling behind his complaints



Parenting: The Best That You Can Be

PARENTING: THE BEST THAT YOU CAN BE

If I were watching my favourite programme on TV and my child, without asking permission, switched channels, I would probably say:

1. 'I feel very irritated when my favourite TV programme is interrupted because this is the only relaxation I get all day.'
2. 'Hey, let's be considerate of one another. Please change it back to my programme.'
3. 'Change it back to my programme or you'll get a smack.'
4. 'Can't you see that I am watching a special programme, you idiot?'

If I called my child for dinner and she continued to play rather than coming, I would:

1. Go to her and forcibly bring her to the table
2. Threaten her
3. Call her again
4. Allow her to miss the meal and go ahead without her

If my child were to throw a temper tantrum, I would probably:

1. Ignore her
2. Imitate her by throwing one too
3. Deprive her of a favourite activity or toy
4. Smack her

Parents tend to blame themselves for their child's behaviour, and rightly so, because it is mostly dependent upon:

1. Heredity
2. Using proper child-training methods
3. Parental example and environment
4. Individual temperament type and how parents relate to it

In order to instil pure character traits a parent must develop in a child:

1. Moral excellence
2. A pleasing personality
3. Talent and/or genius
4. A pleasant disposition and individuality

Responsible behaviour and better habits can best be accomplished through:

1. Natural consequences
2. Consistent rules
3. Parental example and a loving home
4. Rewarding positive behaviour and ignoring negative behaviour

The best way of controlling a 17-year-old's choice of questionable peers is to:

1. Invite the questionable friends to your home
2. Move the family away from the area
3. Restrict their privileges
4. Forbid the association

If my 15-year-old failed to clean his room and accept responsibility for common household tasks, I would:

1. Clean the room and do chores for him
2. Allow natural consequences to take over
3. Send an 'I-statement' about my feelings
4. Try to motivate him through a contract system that manipulates privileges

The most effective means of keeping a youngster from experimenting with drugs is:

1. To provide the security of a loving, well-adjusted family life
2. To send him to Christian schools
3. To select his peer group carefully

4. To know the physical symptoms connected with drug abuse

It is now common knowledge that there is a direct link between delinquency and poor nutrition. Which of the following can be attributed to faulty nutrition?

1. Reading problems
2. Hyperactivity
3. Running away and vandalising property
4. All of the above

The best way of handling sibling rivalry is:

1. Let children settle their own disputes
2. Love each child equally
3. Listen to both sides before punishing
4. Protect young children from older ones

The diet our Creator chose for us consists of:

1. Meats and poultry

2. Grains and nuts
3. Fruits and vegetables
4. 2 and 3

Your 7-year-old asks you where babies come from. You would probably respond:

1. 'Babies are made when the daddy puts his penis into the vagina of the mummy. During certain days of the month the mummy can become pregnant and a baby begins to grow in her uterus.'
2. 'When parents want a baby, they love each other in a special way and they'll have one.'
3. 'I'll tell you about it when you get a little older. Remember to ask again.'
4. 'Babies are delivered by the stork.'

Your 5-year-old asks what it is the two of you do after you close the door of your bedroom at night. You would probably respond:

1. 'I never asked my parents questions like that when I was a child.'
2. 'Ask your mother (or father)!'
3. 'We sleep mostly. Why do you ask?'
4. 'Sometimes we sleep and sometimes we love each other in a special way and we want a private place to do it.'

Bringing children into the family:

1. Produces added stress for couples throughout child-rearing years for those not prepared for the task
2. Decreases material satisfaction, particularly during the children's teen years
3. Is more satisfying to women than men
4. Automatically increases marriage satisfaction

Turn to page 14 to score the Good Parent Test.

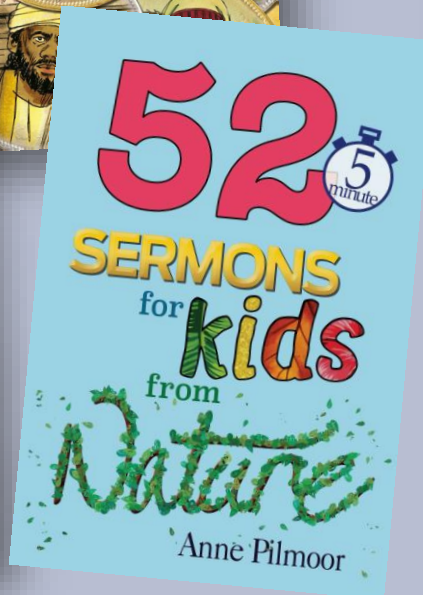
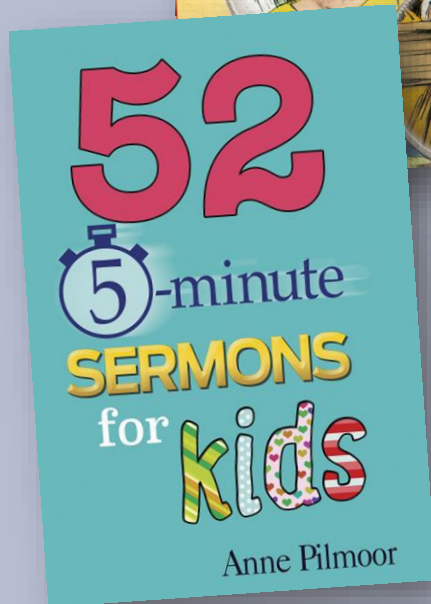
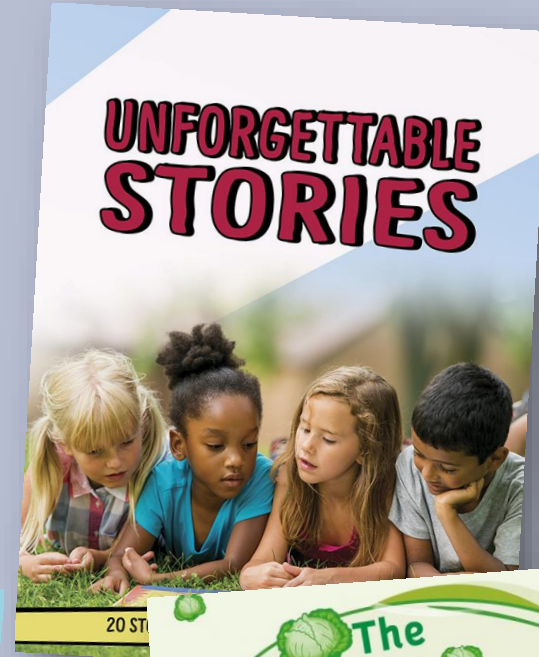
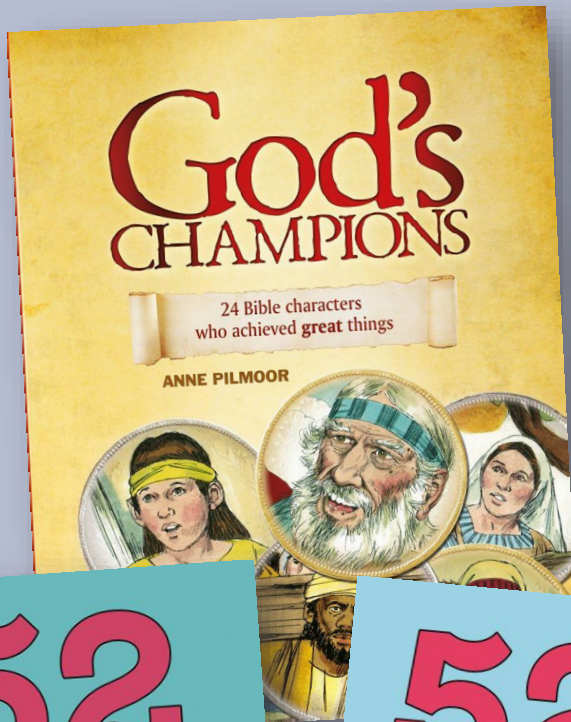
Before you begin





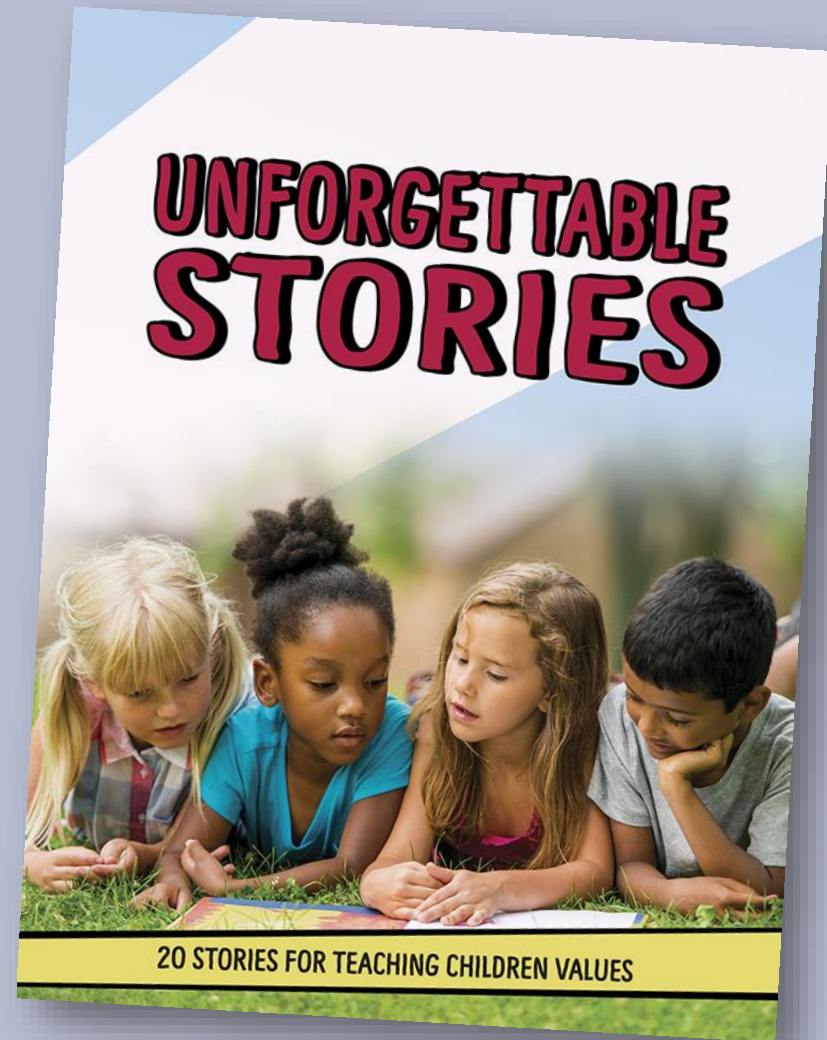
Children's Books

Story Books for Kids



Unforgettable Stories

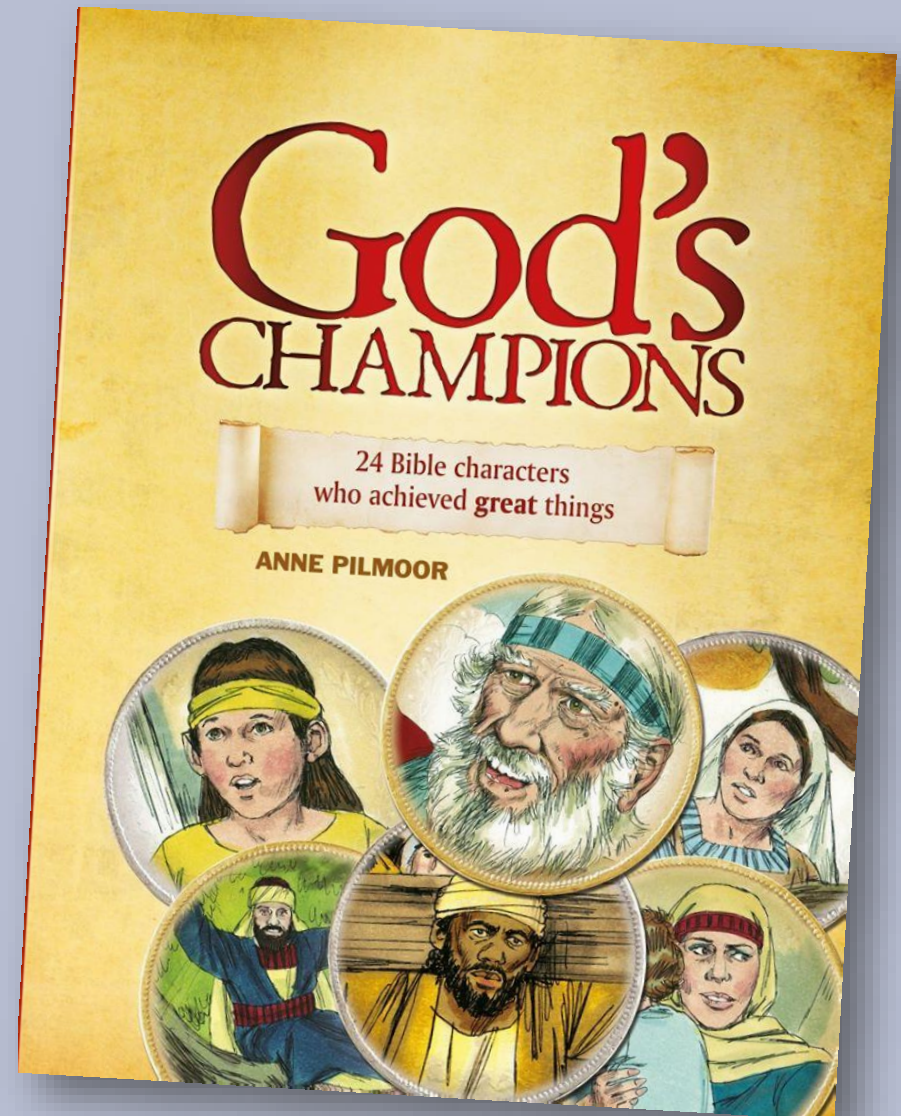
How do you teach your child the importance of values like friendship, courage, and patience? Through some Unforgettable Stories of course! This set of 20 stories will help your young ones understand and develop these key attributes. Each story covers an important life value, starting off with the Word of God and finishing with questions to think about in their own lives. It even includes a prayer to lead them into a deeper relationship with God. Overall our host of talented writers can help your kids to grow in ever-increasingly creative ways.



Unforgettable Stories

God's Champions

- 24 beautifully illustrated stories of characters of the Bible.
- Learn how some of the lesser-known Bible characters demonstrated courage in tough times.
- Discover how courage presents itself in many different ways... and how you can also be a Champion for God!



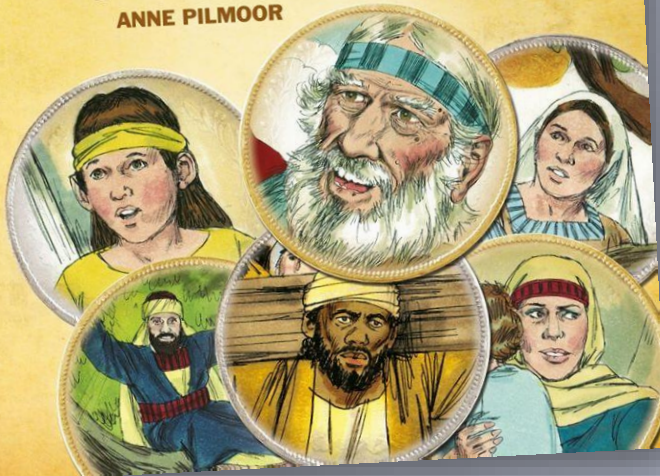
God's Champions y Anne Pilmoor

NEW

NEW

24 Bible characters
who achieved **great** things

ANNE PILMOOR



for Queen Athaliah to cheer.
Is there? she thought.
almost ran.
the temple, there to a
boy king, next in a
Officers surrounded
guard. Trumpeters
flames and the people
ing for joy. After all,
or Athaliah.
Treason! Treason! And
er dress in a deep
be army officers to
guards.
ies to save her,' he
took her by the arm
to the palace, and
Horn Gate.
priest, asked King
of Judah to make a

At last, Judah was a happy place again. The city was at peace with itself as Joash started his rule as king; all because a brave young woman called Jehosheba had protected him when he was a baby!

Worth remembering . . .
*"Rescue the weak and the needy
 deliver them from the hand of the
 wicked." Psalm 82:4*

Righteous Abel



When Adam and Eve disobeyed God by eating from the tree of the knowledge of good and evil, sin entered our world. God had warned them that they would die if they ate the fruit from that tree, but He allowed the snake to convince her that she would be fine. An innocent lamb was killed to show Adam and Eve the consequence of their sin. God used the animal skin to make clothes for them because they were naked. This was the first time they had experienced death, and it began their journey. The killing of the lamb and placing it on an altar was called a sacrifice. They prayed when they offered it to God, asking Him to forgive them of all their sin. It would remind them that someone was sinless would die so they could live forever with God. Adam and Eve continued to offer a perfect lamb to God regularly, and they taught their children to do the same.

Cain dashed into his mother's room. She looked pale and tired, but her eyes were sparkling.

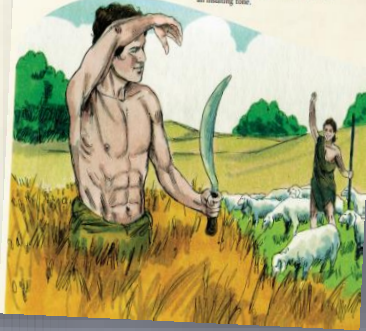
Cain and Abel became good friends. They played together. They helped their parents in the house with simple chores. They helped in the garden, digging, planting and

It wasn't long before Cain and Abel were young men. More and more, Cain spent time digging, planting, growing and harvesting. He grew the most amazing vegetables, and trees that produced delicious, juicy fruits. He would get up early in the morning while the dew was still on the ground and pick anything that was ripe and ready to eat. He brought basketsloads of fresh produce to the house.

Eve was proud of him. "What a good farmer you are!" she would say as she hugged him and thanked him for growing food for them to eat.

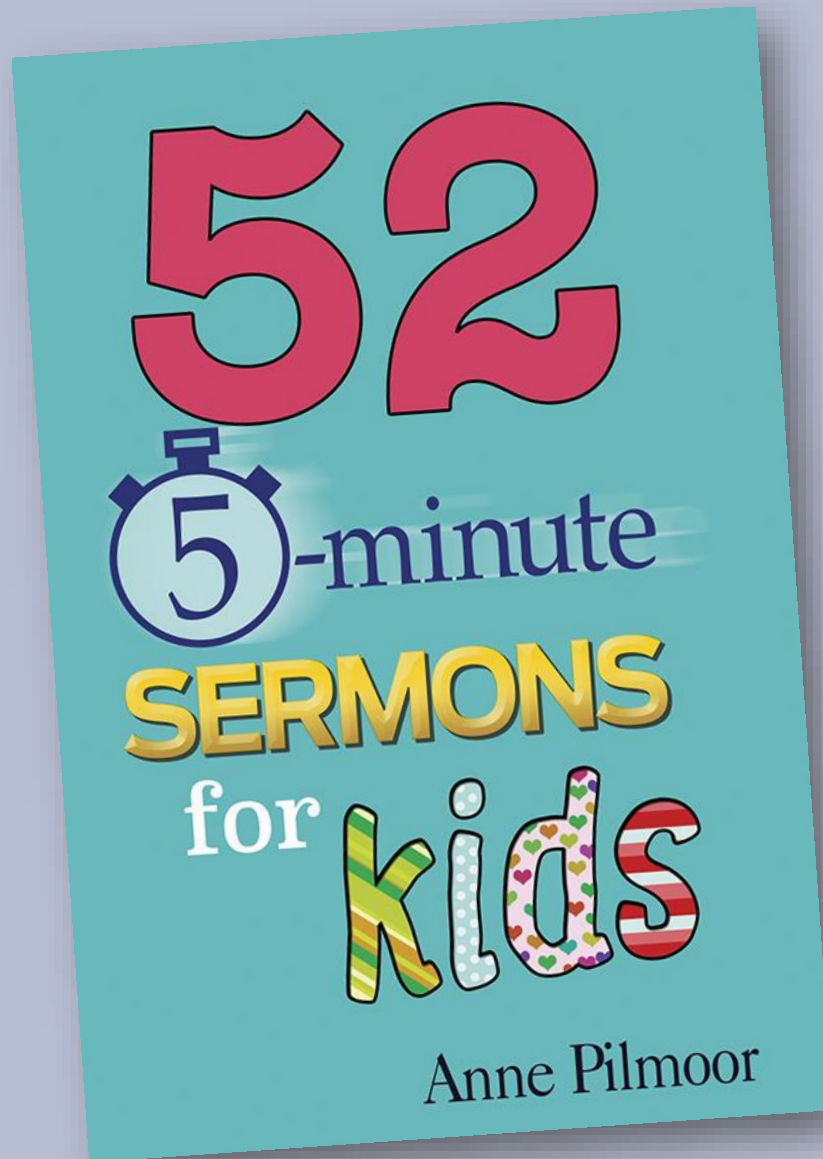
Abel was a good farmer, too. He didn't grow crops like his brother. He preferred to take care of the animals: to wander off looking for the best pasture for them, to watch them grazing, and to herd them at the end of the day and bring them home for the night. He got up very early, too. He milked the goats and cows; he fed grain to the chickens and let them out to forage in the garden. He cleaned out the barn and chicken run. It was hard work, too, but he loved it.

"Look at you, trying to care for those smelly beasts!" Cain teased him. "That's hardly proper work. You just wander around the countryside with your soft, silly thoughts. You're too lazy to dig up the earth and plough and plant. That's why you prefer working with the animals," he said in an insulting tone.



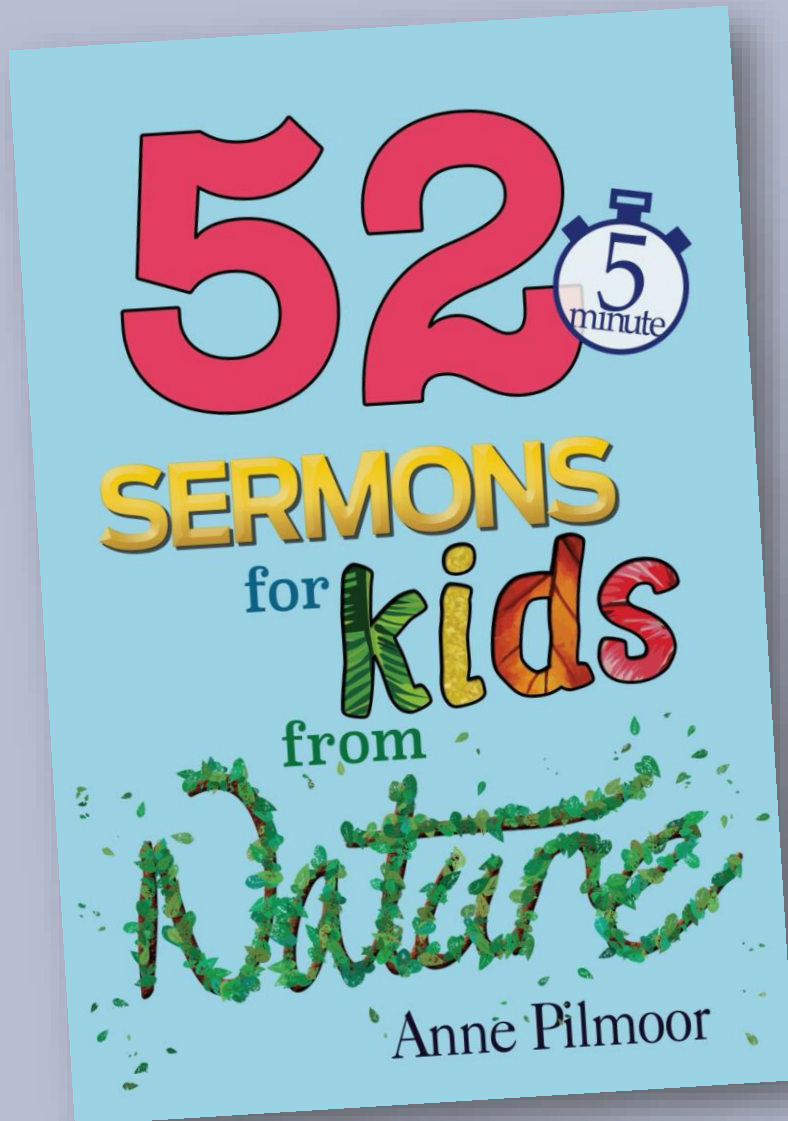
Learn how some of the lesser-known Bible characters demonstrated courage in tough times. Discover how courage presents itself in many different ways. May this wonderful stories inspire your own children to be God's Champions too!!

52 5-Minute Sermons for Kids



- Anne Pilmoor is an experienced teacher and in her latest book she presents a fun-filled, yet practical and simple sermons for our children.
- An essential resource for family worship, children ministries directors, teachers and those organising Children church, Messy church or the children spot.

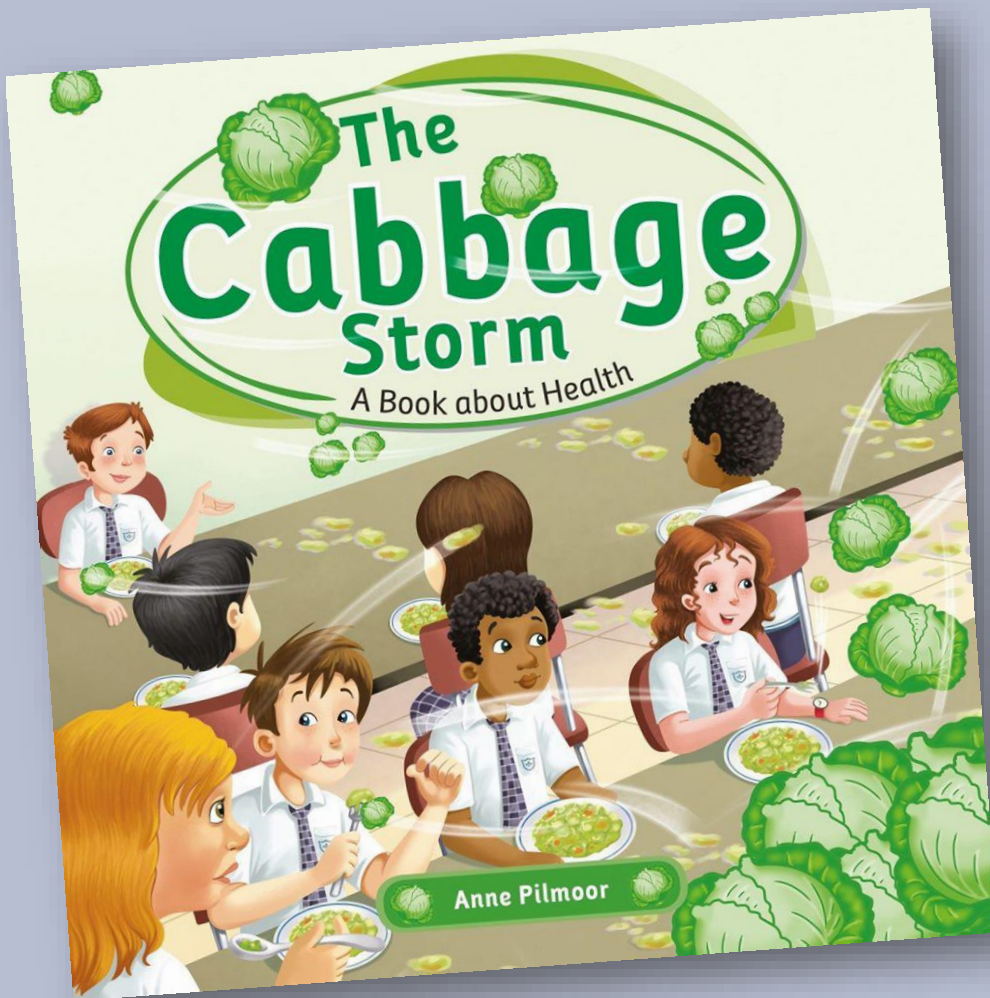
52 5-Minute Sermons for Kids From Nature



- Drawing lessons from both Scripture and God's wonderful creations in the natural world.
- These short but fascinating sermons are designed to enhance children's faith in God and improve their relations with their families and church families, as well as giving them useful social skills.
- May your children be blessed as you share these sermons with them.

52 Sermons for Kids from Nature by Anne Pilmoor

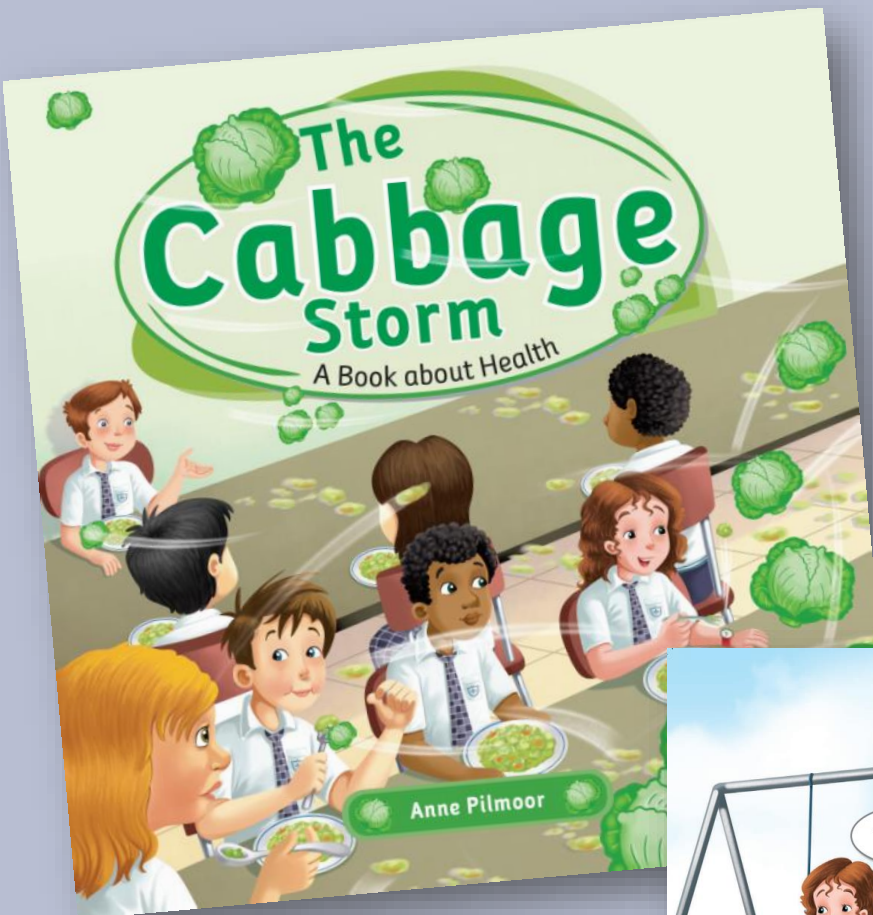
The Cabbage Storm



This brand new book teaches children about the importance of good health – how to eat well, move well and sleep well, and much more besides – and even the spiritual component to good health, too. It's a health adventure you'll never forget!

The Cabbage Storm by Anne Pilmoor

The Cabbage Storm



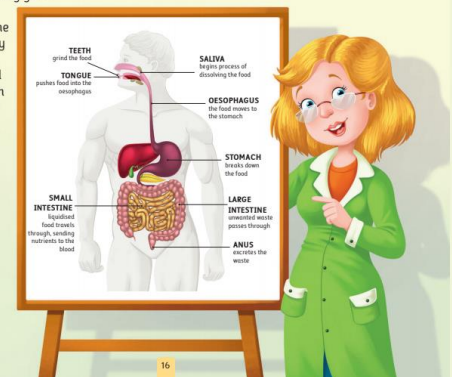
Meet Jack and Julia! They are twins who used to hate eating their vegetables, especially cabbages. Then one day, while eating lunch at school, Julia caused pieces of cabbage to fly everywhere... and that's when their journey of health discovery started!



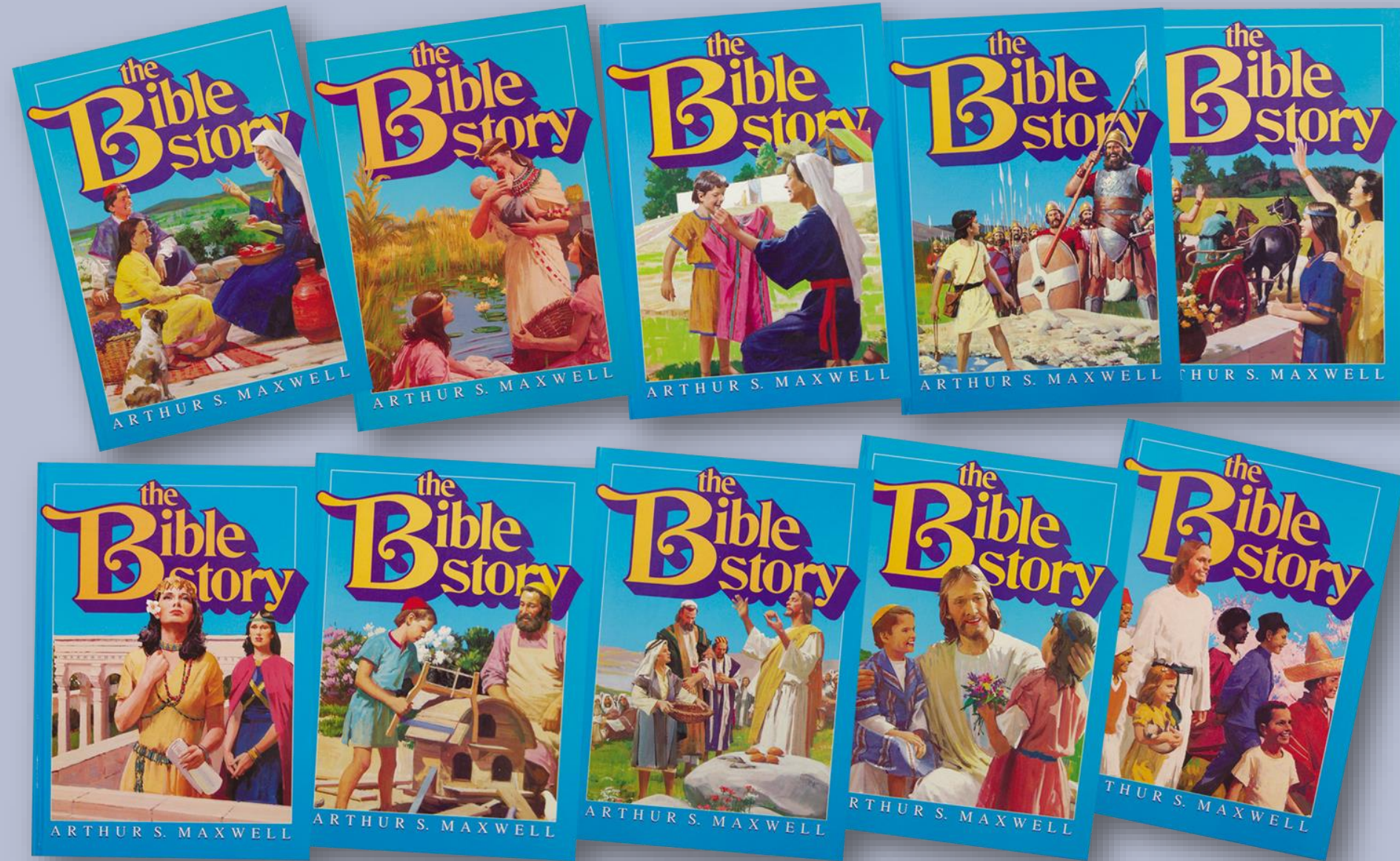
3 Food, Glorious Food: A Visit to Mary, the Nutritionist

The twins had never visited a nutritionist before. Mary told them that a nutritionist helps people to understand what is in their food. She helps them to work out the best foods and the healthiest portion sizes for them. People often come to her because they don't feel well. She sees what they eat and then helps them to make healthy changes. After a few weeks they have a healthy glow.

Mary drew a diagram of all the parts of the body that help it to process the food we eat to explain how it works.



The Bible Story (10 Volume Hardback Set)



The Bible Story set

Character-Building Stories (4 Volume Hardback Set)

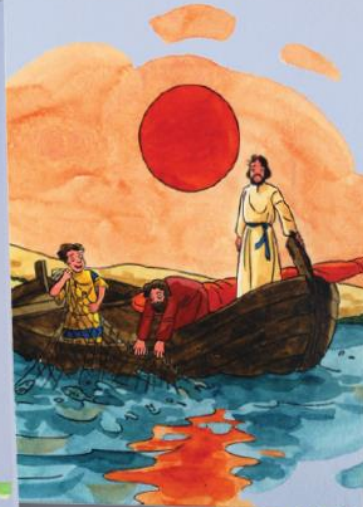
GROWING VALUES

Character-Building Stories



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Character-Building Stories



GROWING VALUES

Character-Building Stories



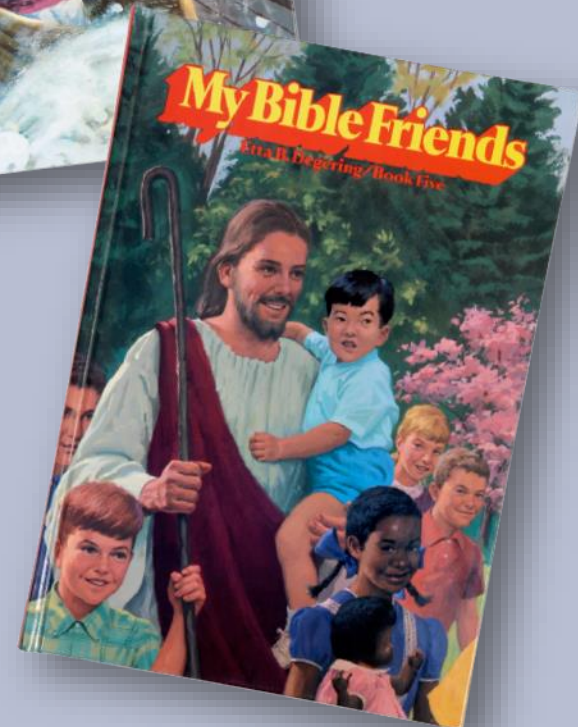
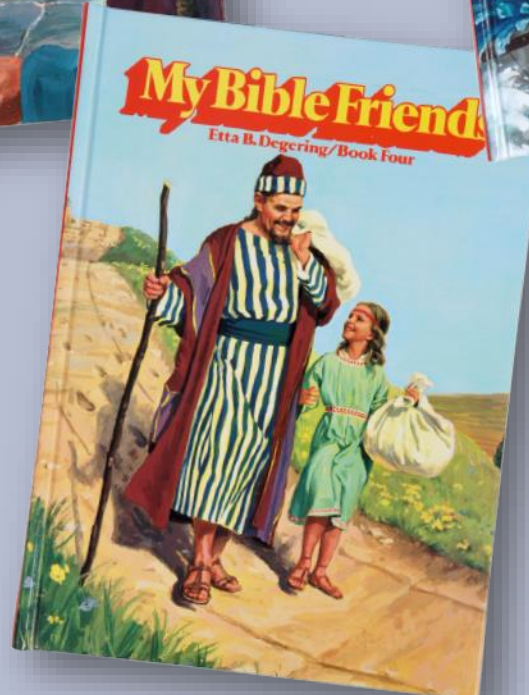
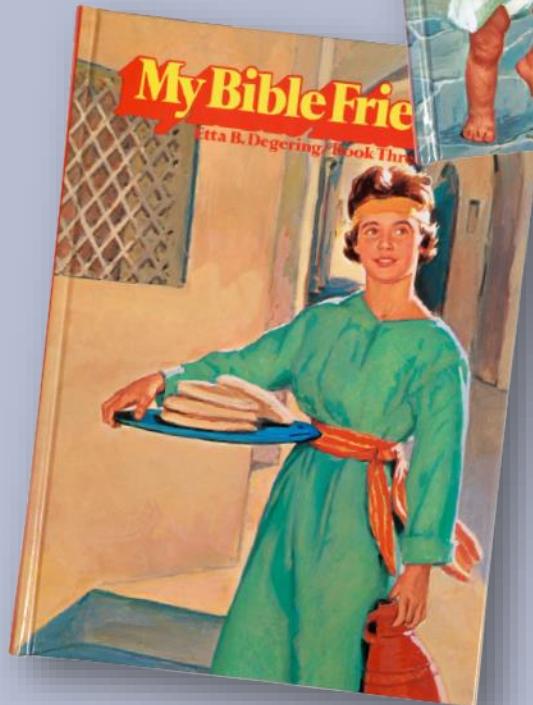
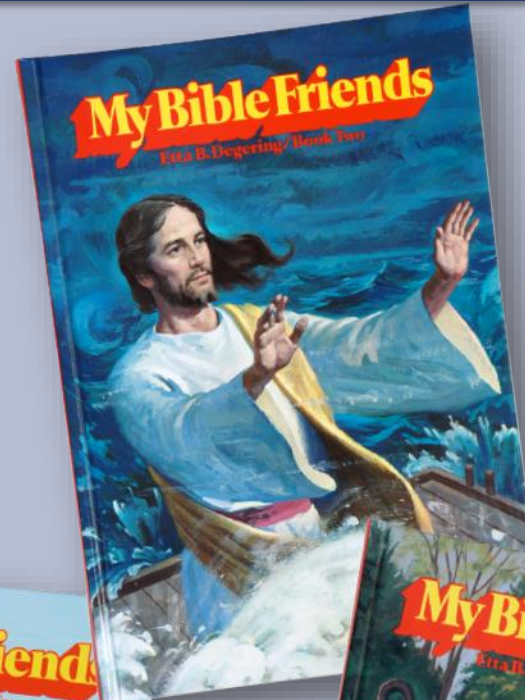
GROWING VALUES

Character-Building Stories



Character-Building Stories – Also available in French

My Bible Friends (5 Volume Hardback Set)

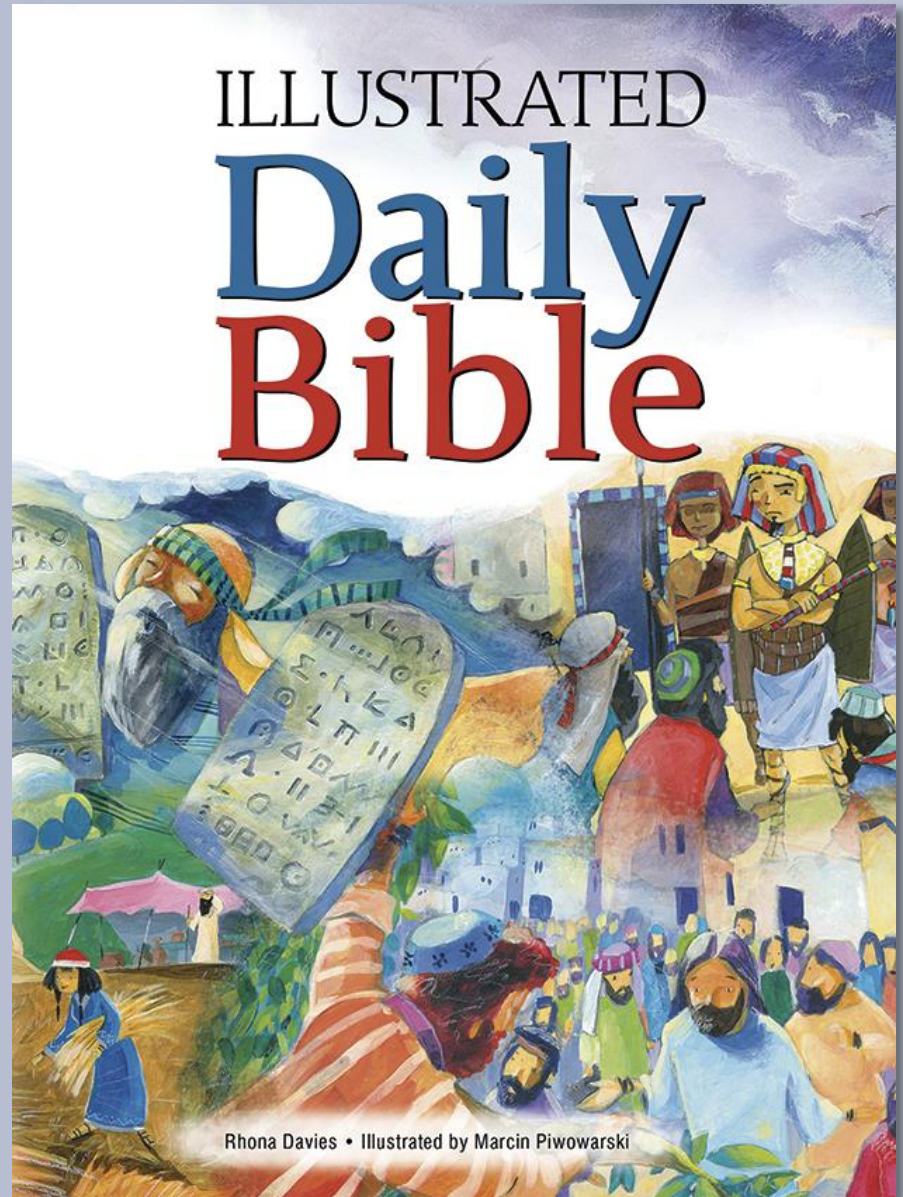


My Bible Friends set

Illustrated Daily Bible

NEW

- 365 treasured stories from the Old and New Testaments.
- Wonderfully illustrated, lovingly and skillfully told in words and phrases children will understand.
- Children will love the easy writing style and will not be able to stop reading and learning about God's love.



Illustrated Daily Bible

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baby inside Elizabeth's belly jumped with joy.

'God has blessed you!' Elizabeth told Mary. 'And He will bless your Baby too. You have been willing to do what God has asked of you – and you will be rewarded. But why am I so lucky to have you come to stay with me?'

'God is very great!' said Mary. 'I am no one, yet God has made me special by giving me this amazing thing to do. He has always been good to people who try to listen to Him and follow His ways. He was good to Abraham and Isaac and Jacob and is good to us now. God always chooses people who feel they have nothing to offer – and He makes them great. But He also sends away people who think they are too good or important to need His help. God is good.'

Mary stayed in the hills with Elizabeth for three months before returning to her home in Nazareth.

244 ZECHARIAH SPEAKS AGAIN

Nine months had passed since Zechariah had seen the angel Gabriel in the temple. Now Elizabeth was ready to give birth to her baby. It was a little boy, just as Gabriel had told her. Elizabeth was overjoyed, and her friends and neighbours shared in her happiness.

Eight days later, the baby boy was circumcised. They were ready to call him Zechariah after his father, but Elizabeth insisted he should be called John.

'What does Zechariah say?' they said. Then Zechariah asked for a writing tablet so he could tell them – he had not spoken since he met the angel.

'His name is John,' he wrote.

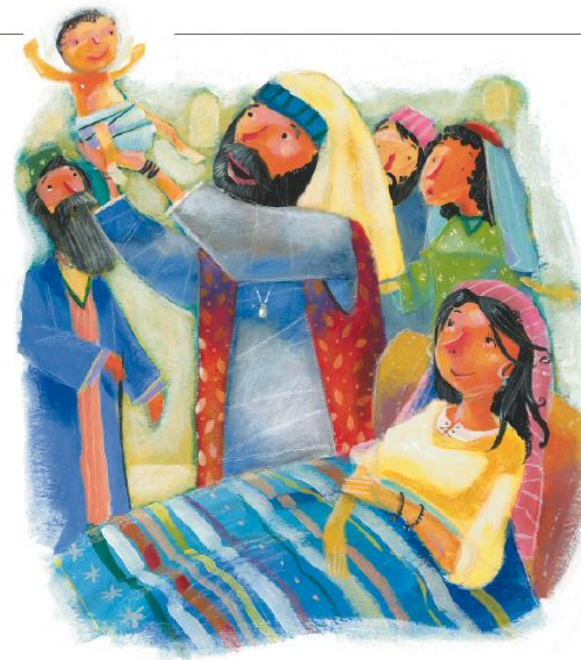
As soon as he had finished writing, he was able to speak once more. The first words he spoke were in praise of God who had blessed them with this special child.

Everyone was amazed. They couldn't stop talking about these strange events.

'God has not forgotten us, His people,' Zechariah said. 'He is sending His Chosen One to save us from our enemies. And He has chosen this child, our son John, to be the one who will prepare the way and tell us about the One who is to come, and to lead us into the way of peace.'

LUKE 1:57-79

When Elizabeth's son was born, her neighbours and relatives heard how kind the Lord had been to her, and they too were glad.
Luke 1:57-58



245 JOSEPH, THE CARPENTER

Mary was happy to serve God and do all that He wanted of her. But Joseph was rather sad.

Joseph knew that Mary's baby was not his baby. But he cared about Mary. He did not want her to face bringing up her baby alone. He didn't want people to be unkind to her. But should he marry her as they had planned?

Then one night Joseph dreamed a strange dream in which an angel appeared to him.

'You need not worry about marrying Mary,' the angel said. 'The Holy Spirit has caused the baby to grow inside her. She will have a baby boy and you must call Him Jesus, because He will be the Saviour of the world.'

Joseph needed no further reassurance to marry Mary. He did what the angel of the Lord had told him.

MATTHEW 1:18-25

This is how Jesus Christ was born. A young woman named Mary was engaged to Joseph from King David's family. But before they were married, she learnt that she was going to have a baby by God's Holy Spirit.
Matthew 1:18

354 MIRACLES ON THE ISLAND OF MALTA

Rain was falling heavily and it was cold. The people who lived on the island rushed to the beach and made a fire. They helped the shipwrecked men to safety.

As Paul gathered some wood to add to the fire, a snake slithered out and sank its fangs into his hand. The islanders who saw the snake whispered among themselves.

'This man has escaped from the sea to be killed by a snake bite! He must be a murderer!'

But Paul shook off the snake and did not seem to be in pain. They watched and waited but Paul did not become ill or die.

'This man cannot be a murderer,' they said. 'Perhaps he is a god!'

The chief official in Malta was a man named Publius. He invited everyone to his home and made them welcome for three days.

During this time, Paul found that Publius's father was ill. He lay in bed, hot and feverish and suffering from dysentery. Paul went and prayed with him and the man was healed. After that, many people on the island came to Paul with their illnesses and Paul healed them all.

When it was safe to resume their journey by sea once more, the people on the island made sure that they had all the supplies they needed. They sailed on an Alexandrian ship to Rome.

ACTS 28:2-11

The local people were very friendly, and they welcomed us by building a fire, because it was rainy and cold.
ACTS 28:2



355 A PRISONER IN ROME

Paul arrived safely in Italy. He was placed under house arrest in Rome but was otherwise allowed to live freely.

First he called together the leaders of the Jewish population there. He explained to them why he had been sent there and tried again to help them see that Jesus was the One they had been waiting for. Some among them believed him; others were not convinced.

Paul now knew that his job was to reach the Gentiles in Rome with his message. For two years he welcomed people to his rented house and taught them all he knew about Jesus. Many believed what he had to say and were baptised. Paul also wrote many letters to the Christians he had met over the years, helping them in their Christian faith and teaching them when there were things they did not understand.

ACTS 28:16-31

For two years Paul stayed in a rented house and welcomed everyone who came to see him.
ACTS 28:30

356 GOD'S ARMOUR

While he was a prisoner in Rome, Paul wrote to the Christians in Ephesus:

'Since you are God's children, you must try to be like Him. Live your lives controlled by love, not hate, just as Jesus Himself gave up His life because He loved us.

'Don't be afraid to stand up against what is wrong. Be strong and remember that He will look after you and give you power. Wear God's armour so that you will be safe: wear truth like a belt around your waist; cover your heart with the breastplate of righteousness; wear shoes ready to tell other people about the good news of Jesus; carry faith as your shield against all attacks; accept as a helmet the salvation which Jesus bought with His life; and use God's word as a sword.'

EPHESIANS
5:1-2; 6:10-17

Put on all the armor that God gives, so you can defend yourself against the devil's tricks.
Ephesians 6:11

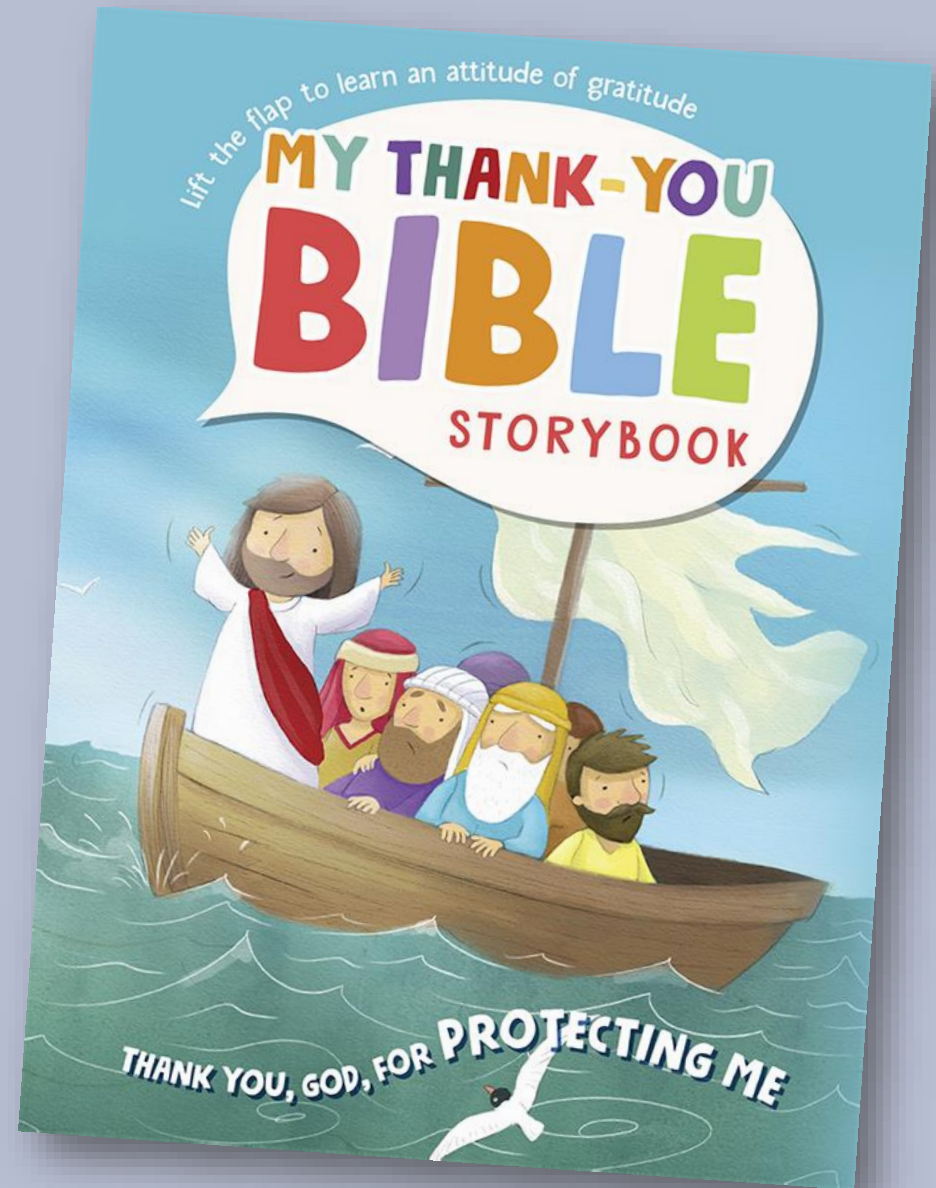
357 GOD'S FRIENDS

One day a slave called Onesimus visited Paul in his house in Rome. Onesimus had run away from his master, but when he listened to all that Paul told him about Jesus, he became a Christian and helped Paul in his work.

My Thank-You Bible Storybook

NEW

- Beautifully illustrated with well-known Bible Stories.
- Perfect to start our children to remember the best-known verses and to create the habit of loving the Word of God.
- While also learning to be grateful for what God gives us everyday: thank you for protection, for food, for family, for friends, etc....

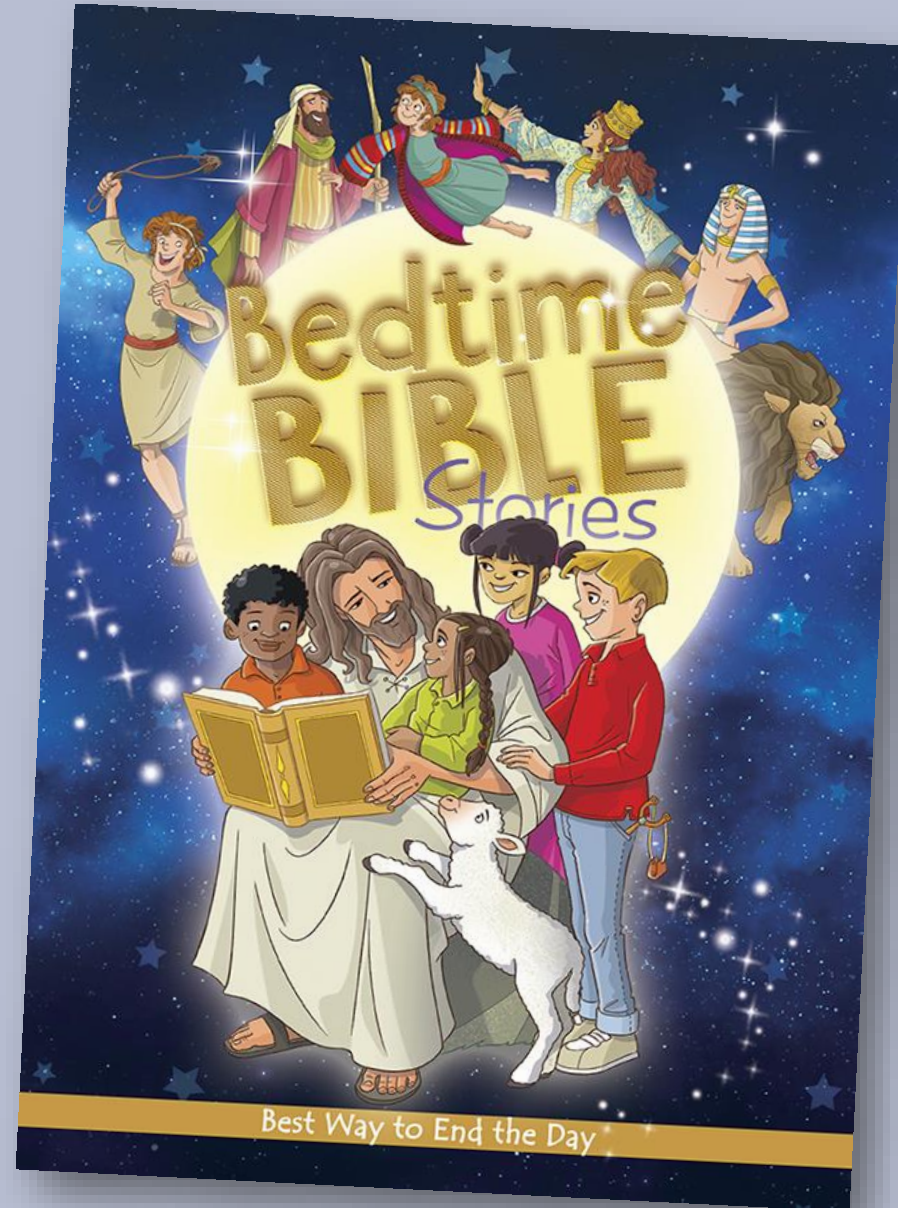


My Thank-You Bible Storybook

Bedtime Bible Stories

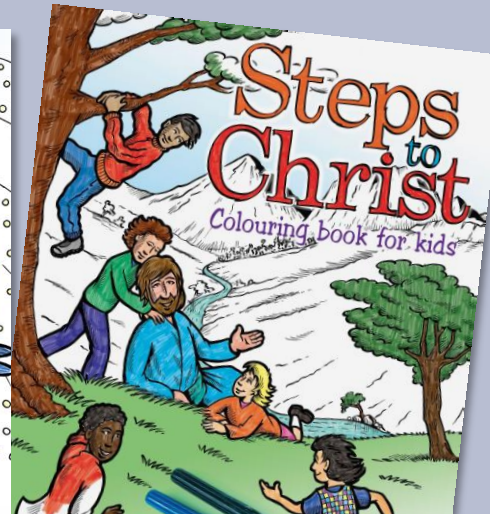
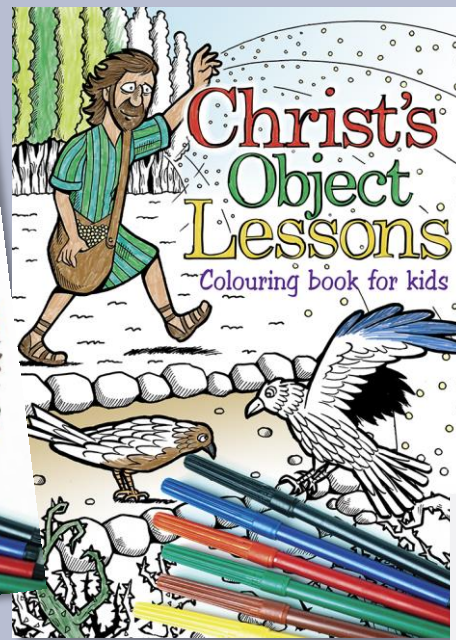
NEW

- The best way to end the day is by reading one of the 10 treasured stories from the Old and New Testaments in one volume.
-
- Wonderfully illustrated, lovingly and skillfully told in words and phrases children will understand.
- Children will love the easy writing style and will not be able to stop reading and learning about God's love.



The Bedtime Bible Stories – Also available in French and Spanish

Spirit of Prophecy Colouring Books



NEW

An introduction to core Adventist values for young children and an innovative learning resource.

Even though God is a very important Person, we don't have to be nervous about talking to Him. Praying to God is like talking to your best friend. We can tell God all our secrets - all the things that make us happy or sad. God already knows what we need, but He loves to hear us ask Him. Families should pray together, but praying alone is important too. When we pray we should ask God to take any mean thoughts out of our hearts and to forgive us for things we have done to hurt others. God won't be able to answer our prayers if we hang on to bad things. We can't demand that God will always give us exactly what we ask for. God does not make mistakes. He is so good that He will not keep from us anything that would help us. And so He always answers our prayers by giving us what is best for us. Even though we cannot see God when we pray, we can know that He is right by us and gently touching us, even though we can't feel it.

As you colour . . .

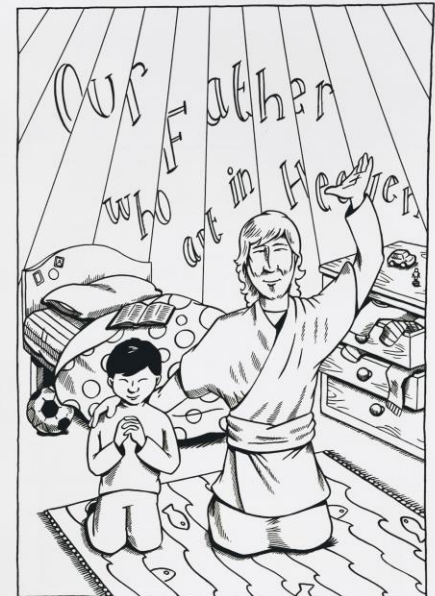
Talk to God as you choose your colours and tell Him a secret.

Conversation starters for parents . . .

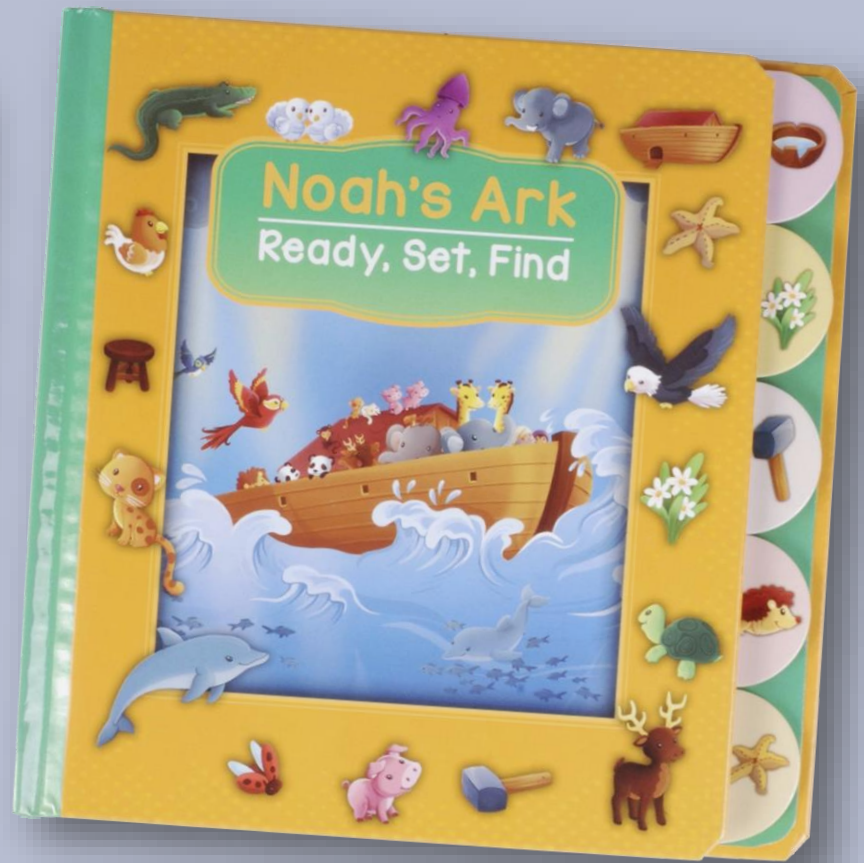
* Tell of a personal experience when God answered your prayer and a time when God didn't answer your prayer. Explain why you believe your prayer wasn't answered in the way you expected it to be.

Prayer:

Ask your child to pray out loud with you. Help if needed.



Ready, Set, Find

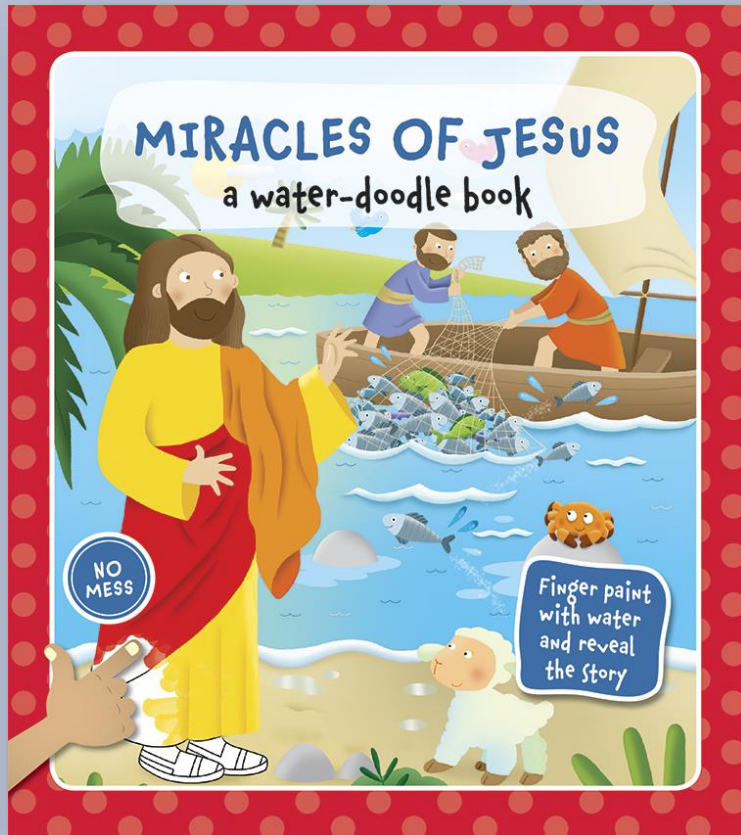


Get ready! Can you find all the hidden items on each page? Perfect picture books printed on sturdy board for little hands.

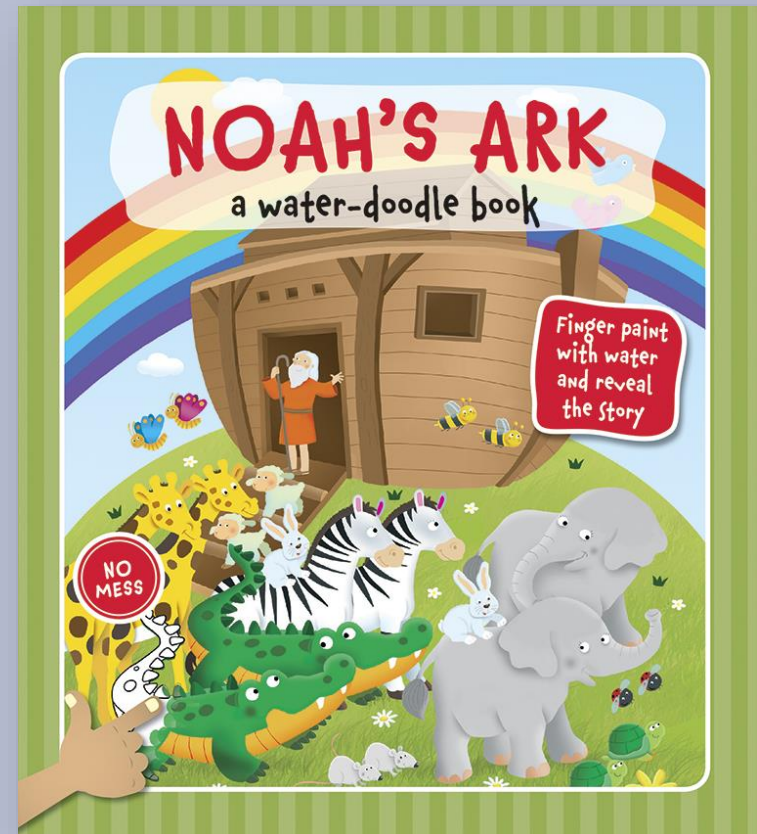
Ready, Set, Find – Also available in French and Spanish

Water Doodle Books

- Splash water on the pages to bring these stories to their full colour.
- Fades once dry so can be used again and again!



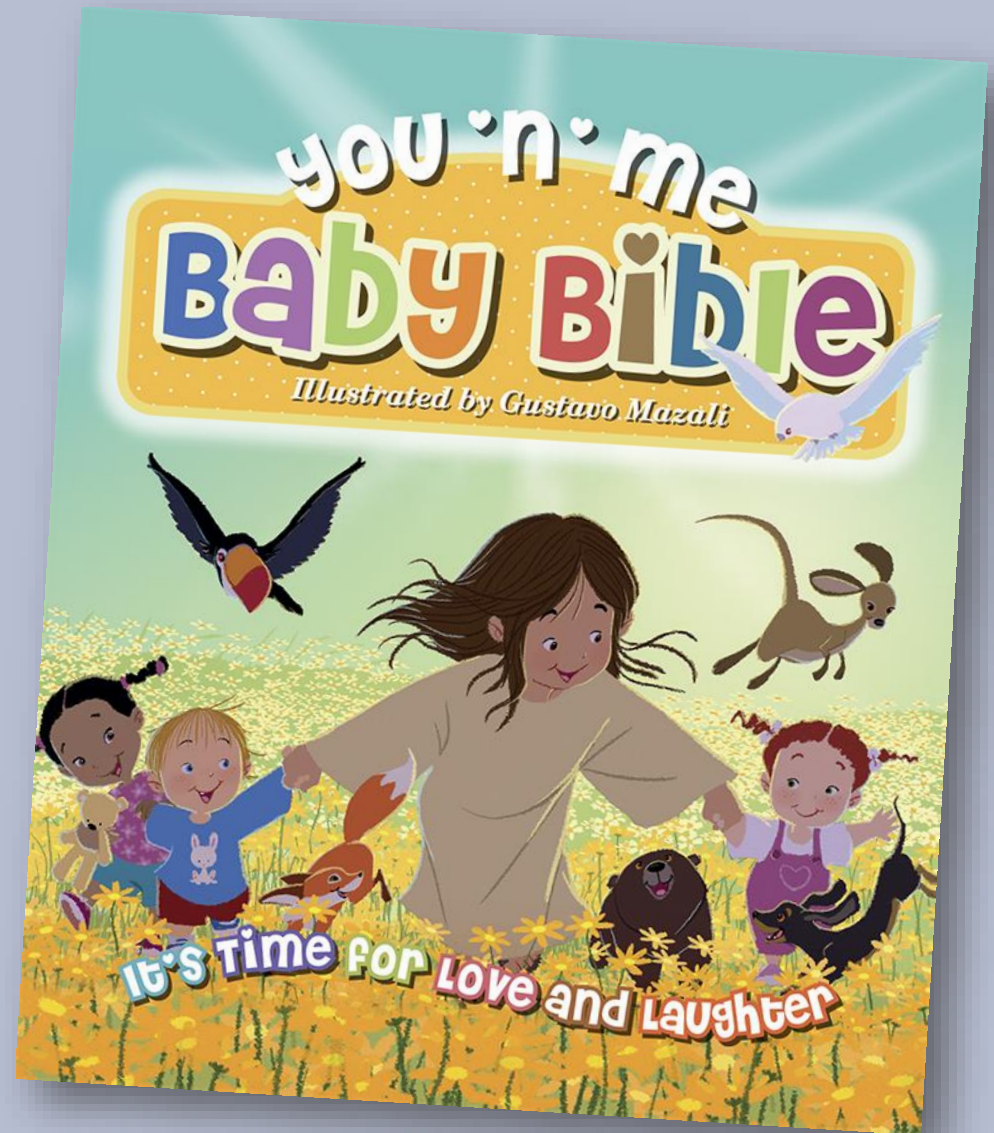
Paint with your fingers!
No colouring pencils
needed!



Water doodle Books – Also available in French

You 'n' Me Baby Bible

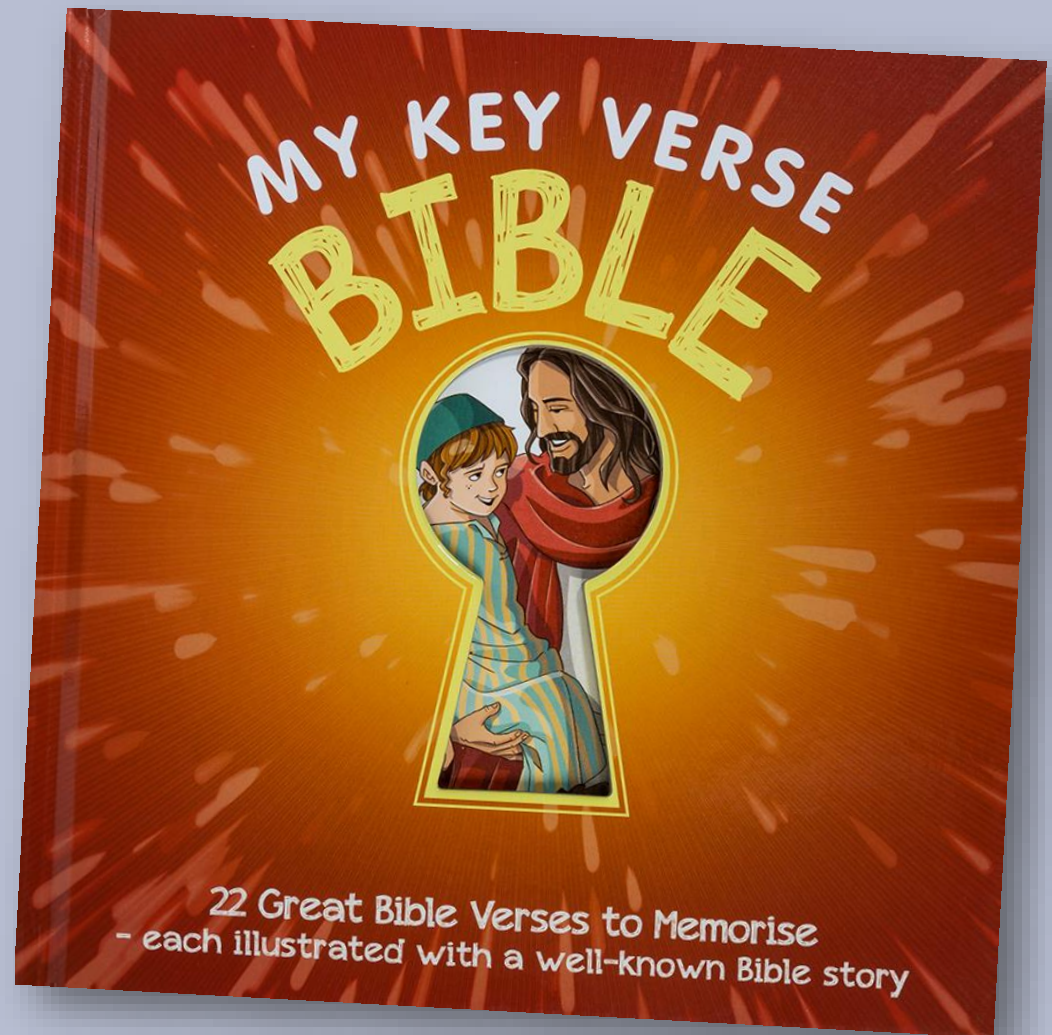
- Every baby should have their own Bible.
- This is the best present we can give children and their parents.
- Also available in French.



You 'n' Me Baby Bible

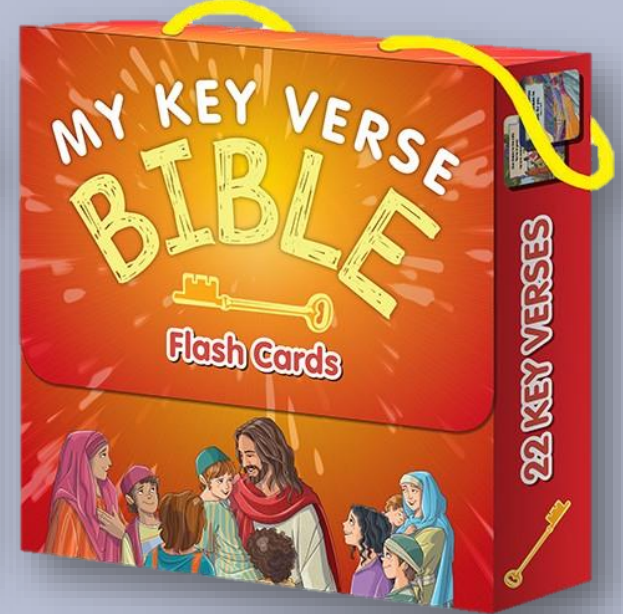
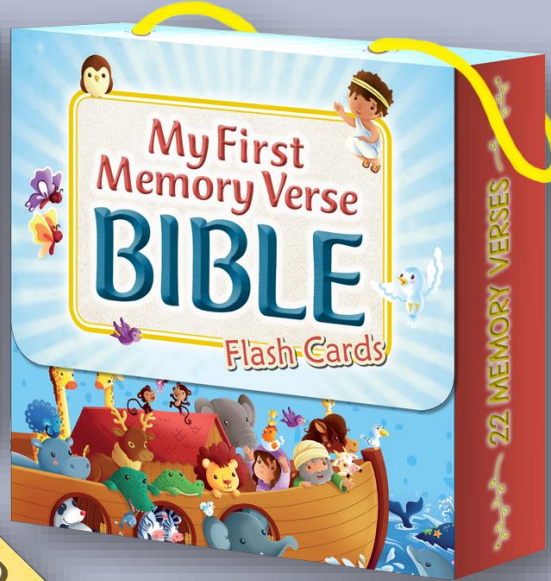
My Key Verse Bible

- 22 Great Bible Verses to memorise.
- Each illustrated with a well-known Bible Story.
- Perfect to start our children to remember the best-known verses and to create the habit of loving the Word of God.
- Also available in French.



My key verse Bible

Bible Flash Cards



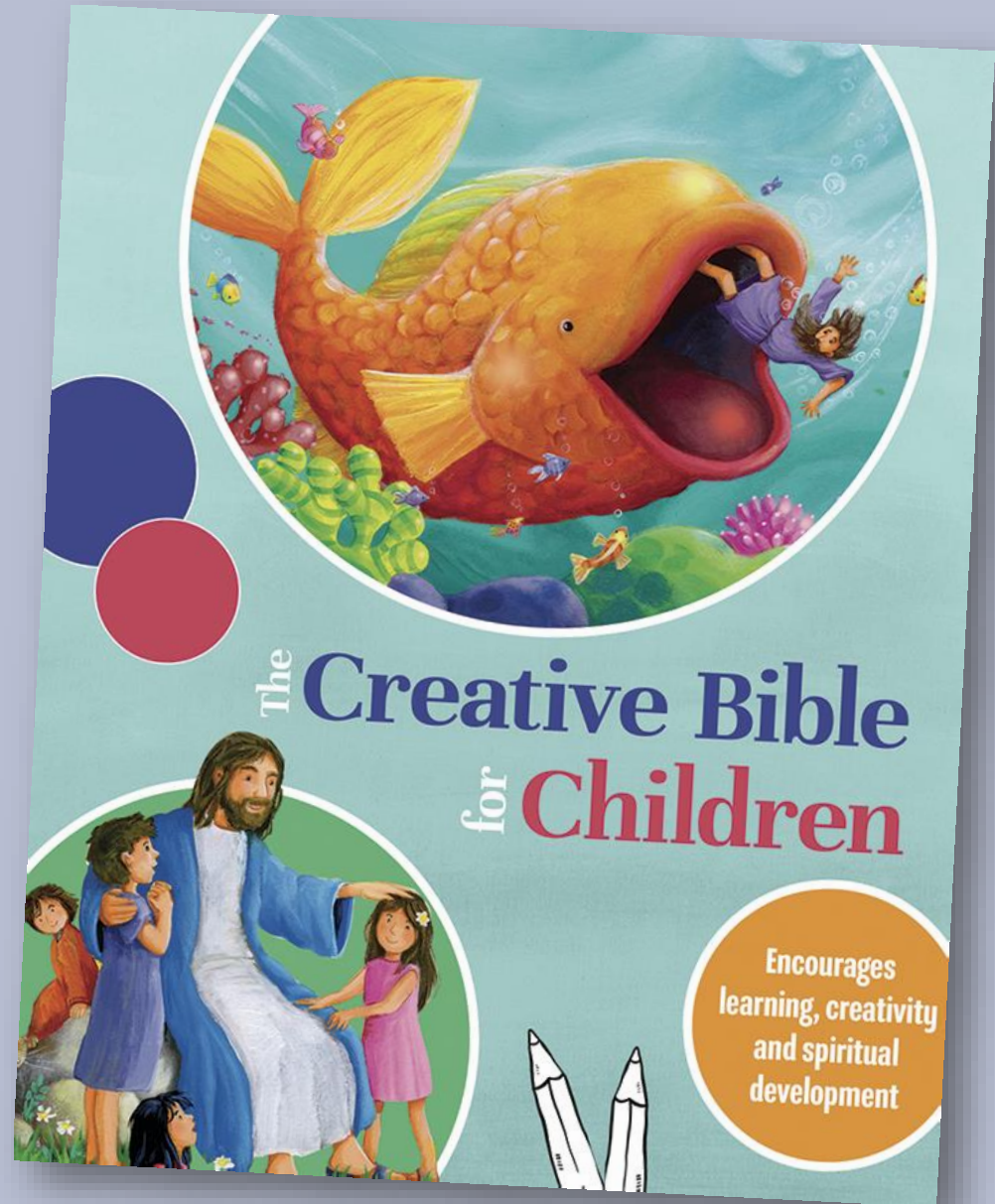
- These handy boxes contain 24 flash cards with key verses from the Bible.
- Accompanied by real Bible stories and illustrations, the context and meaning of each verse becomes clear, helping to establish mental pictures and making it easier for the child to remember the verse.

NEW

The Creative Bible for Children

The Creative Bible for Children is not your typical Bible storybook. Read and learn about the stories of the Old & New Testaments, which come alive through the creativeness and activities in this fun and amazing Bible book.

You will find inspiring Bible illustrations and stories retold in age-appropriate language alongside a wide variety of creative activities.



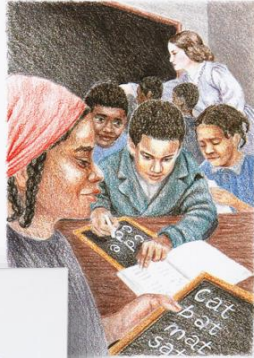
Bedtime Stories (5 Volume Hardback Set)



Uncle Arthur's Best Bedtime Stories

Bedtime Stories (5 Volume Hardback Set)

YOUR FAVOURITE BEDTIME STORIES



Uncle Arthur

YOUR FAVOURITE BEDTIME STORIES



Uncle Arth

YOUR FAVOURITE BEDTIME STORIES



by Uncle Arthur

YOUR FAVOURITE BEDTIME STORIES



by Uncle Arthur

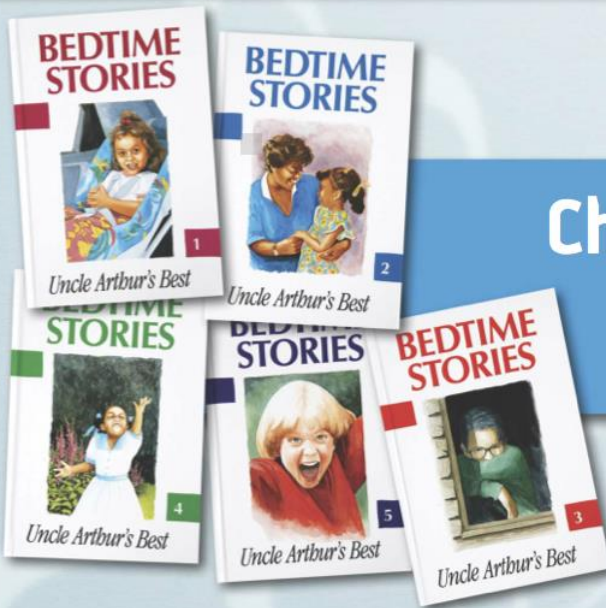
YOUR FAVOURITE BEDTIME STORIES



by Uncle Arthur

Your Favourite Bedtime Stories by Uncle Arthur

Bedtime Stories (5 Volume Hardback Set)



Children's Books

'Bedtime Stories' and 'Your Favourite Bedtime Stories' by Uncle Arthur

These two sets of five volumes of *Bedtime Stories* represent a selection of Uncle Arthur's very best. They were written over a period of many years.

The children who read the very first stories are now grandparents. The stories themselves are timeless.

Generations of children have grown up and learnt moral values such as:

- God's love for them
- Respect

Series: Children's Books
5-Vol. Set Hardback
Uncle Arthur

- Friendship
- Honesty
- Obedience
- Generosity
- The value of effort
- Gratitude
- Kindness
- Never to play with fire
- Not to be scared
- Privacy
- The importance of keeping promises
- The power of a smile
- Prayer
- Fighting doesn't do anybody any good
- Money
- A good friend called Jesus, and so on . . .

With *Uncle Arthur's Bedtime Stories* you will help your children improve their reading skills and their vocabulary while enjoying their favourite stories.

With 12 stories in each book, young and old will enjoy reading these character-building stories over and over again.



Ben's Sunflower and Wendy's Big Worry Knot

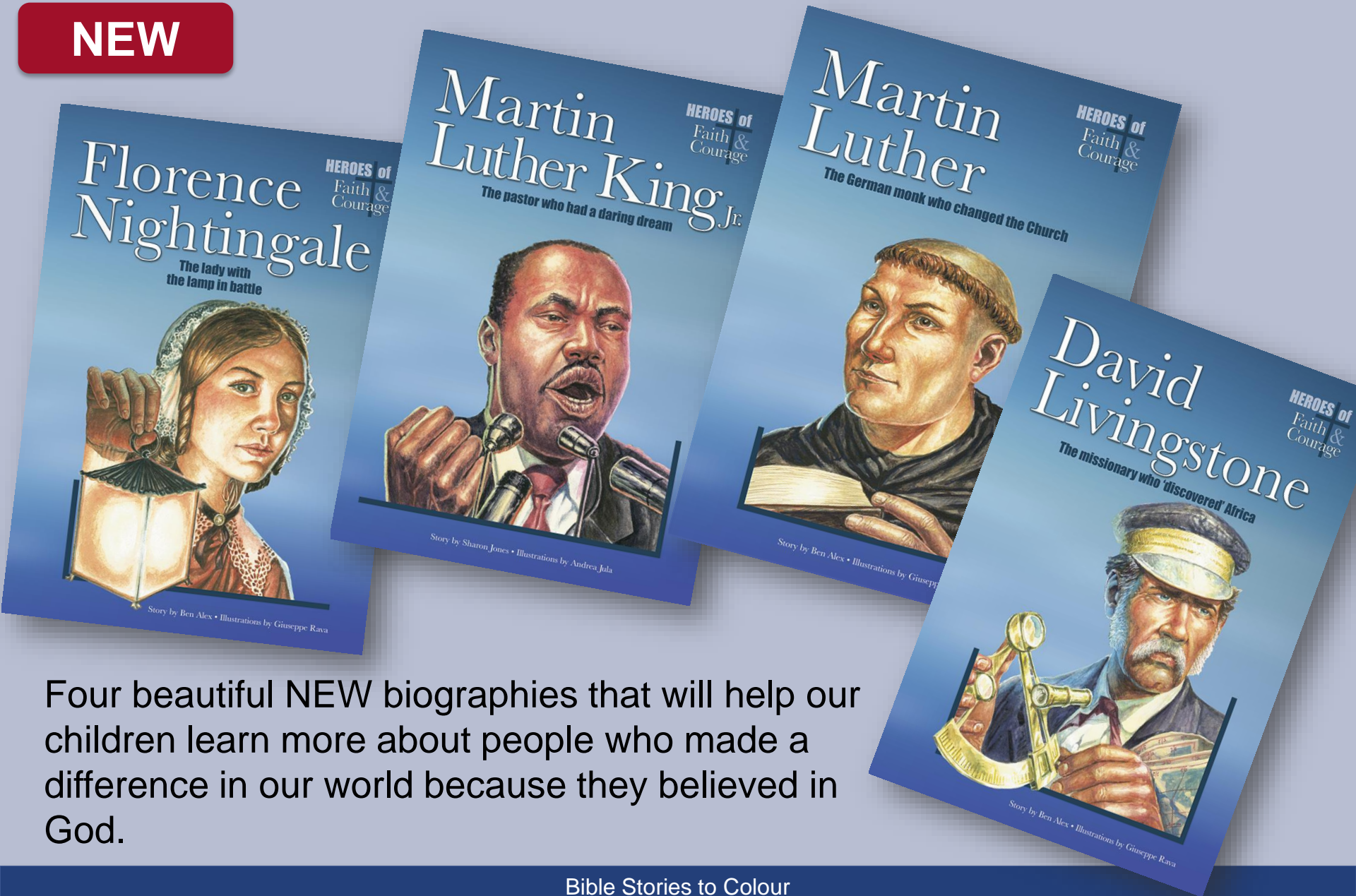
- Two books in one!
- Beautifully illustrated with value-filled stories.
- Read the stories of Ben and his sunflower and Wendy's Worry-knot.
- With these original and inspirational stories, you will learn to forgive others and to trust God.



Ben's Sunflower and Wendy's Worry-Knot

Heroes of Faith and Courage

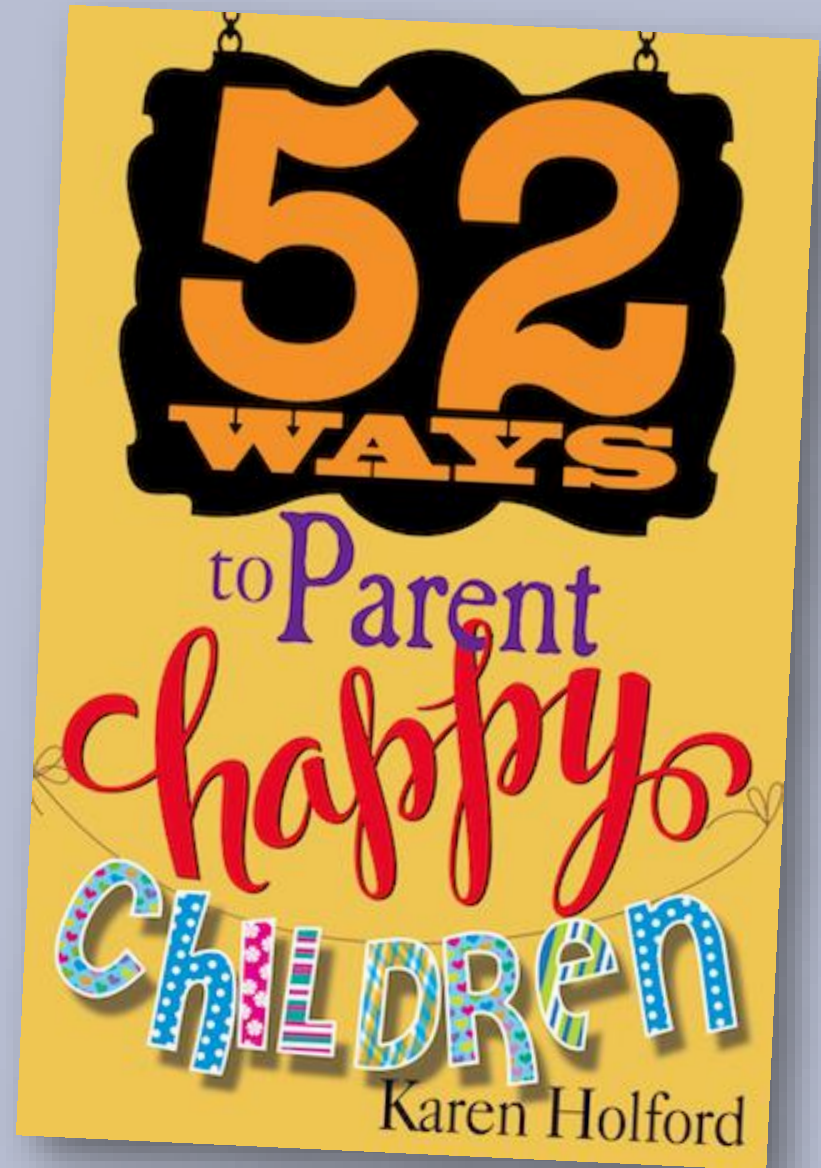
NEW



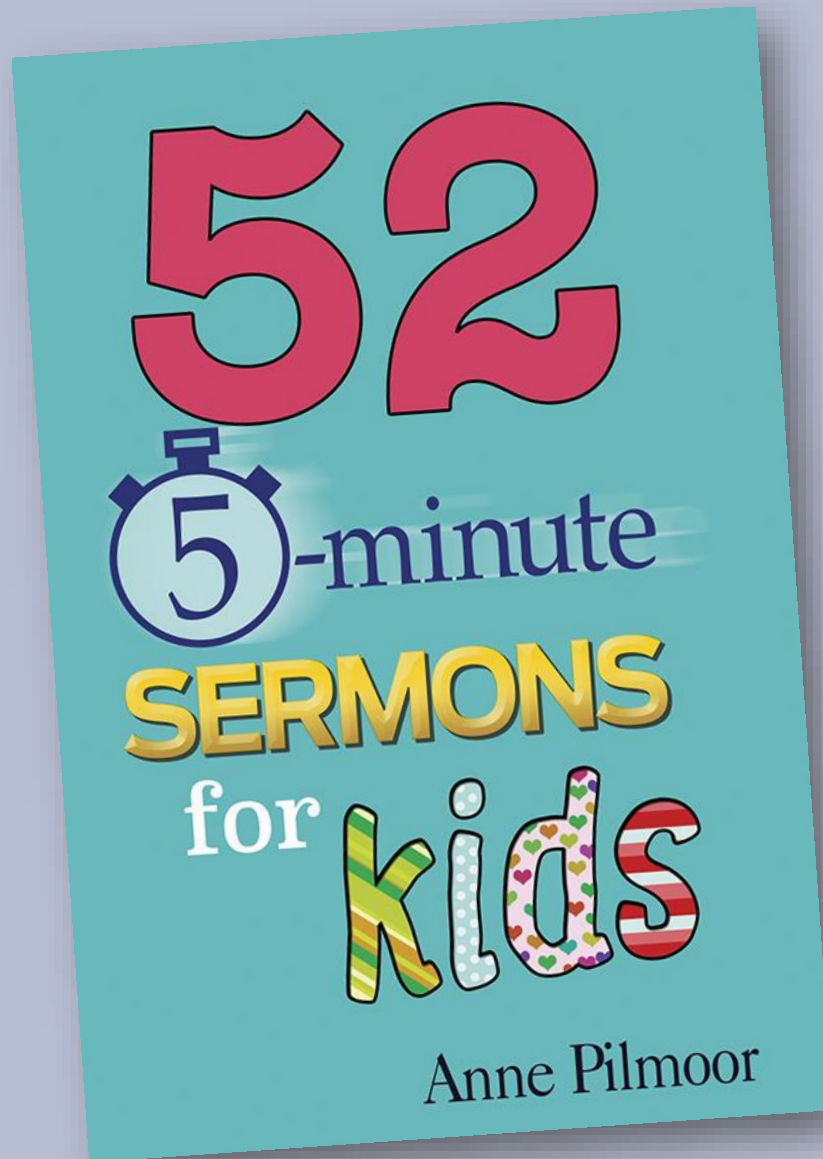
Four beautiful NEW biographies that will help our children learn more about people who made a difference in our world because they believed in God.

52 Ways to Parent Happy Children

- Karen Holford is an experienced family therapist and in her latest book she imparts a fun-filled, yet practical and insightful guide on raising your children in a happy home.
- An essential read for new, and experienced parents alike...especially those who are in a hurry!

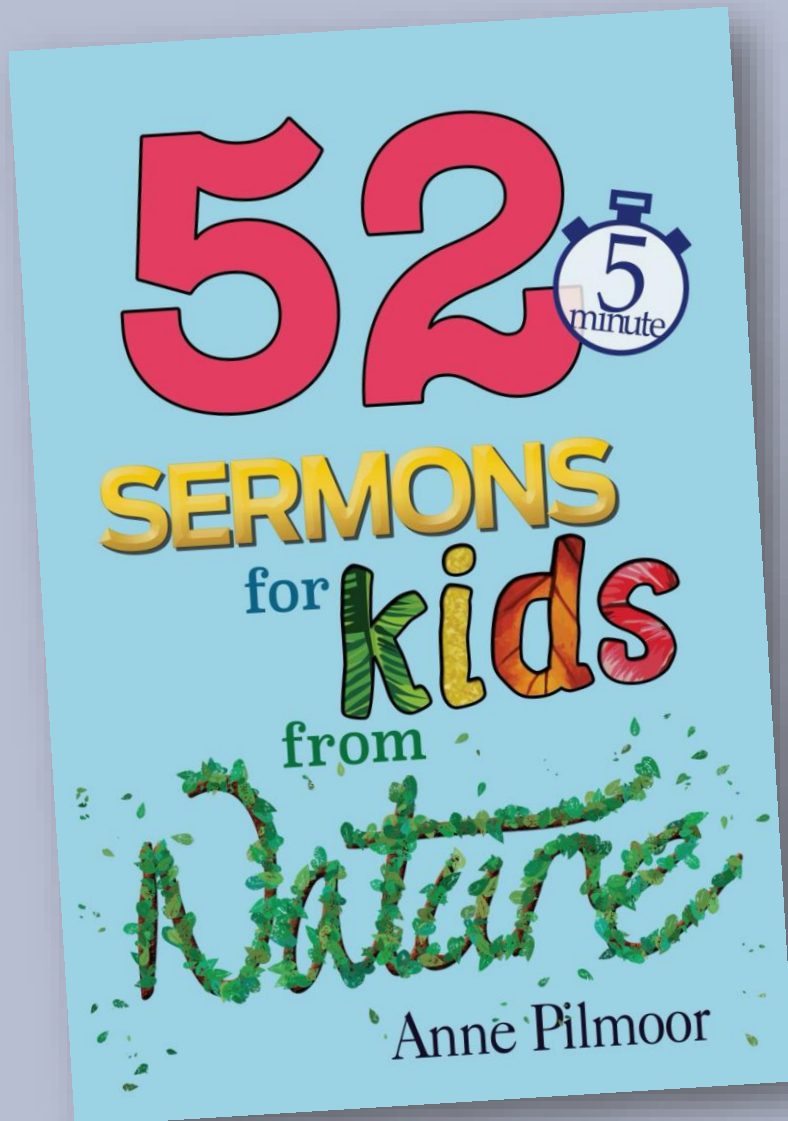


52 5-Minute Sermons for Kids



- Anne Pilmoor is an experienced teacher and in her latest book she presents a fun-filled, yet practical and simple sermons for our children.
- An essential resource for family worship, children ministries directors, teachers and those organising Children church, Messy church or the children spot.

52 5-Minute Sermons for Kids From Nature



- Drawing lessons from both Scripture and God's wonderful creations in the natural world.
- These short but fascinating sermons are designed to enhance children's faith in God and improve their relations with their families and church families, as well as giving them useful social skills.
- May your children be blessed as you share these sermons with them.

52 Sermons for Kids from Nature by Anne Pilmoor

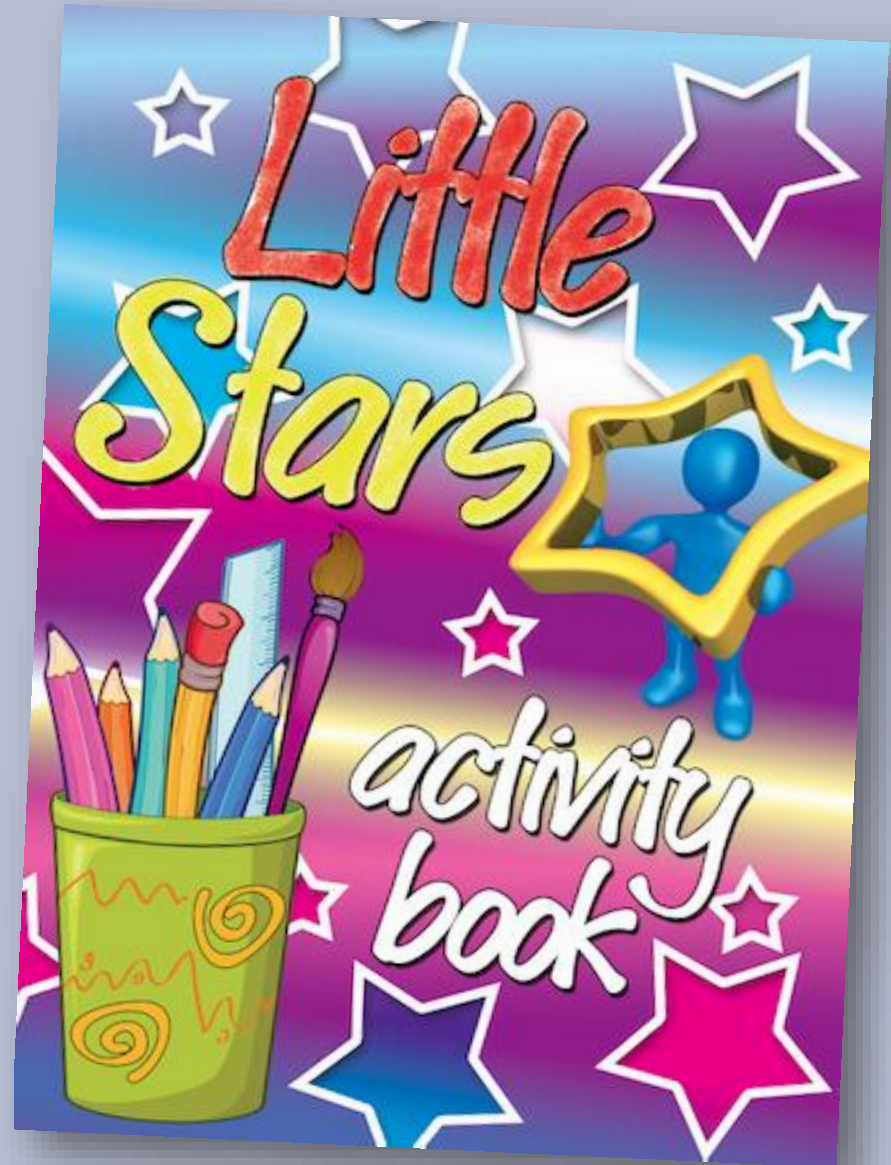
Colouring Books for Kids



Four beautiful NEW colouring books with Bible stories from the Old and New Testaments to read and colour: *Old Testament Stories*, *The story of Jesus*, *Parables and sayings of Jesus* and *Jesus and His followers*

Little Stars Activity Book

- Are you having problems getting your children to study the Bible or to keep attentive during church services?
- Here is your solution, the *Little Stars Activity Book* has 52 double-spread pages full of different and exciting Bible related activities that will help your children to learn while they play.



Bible Detective

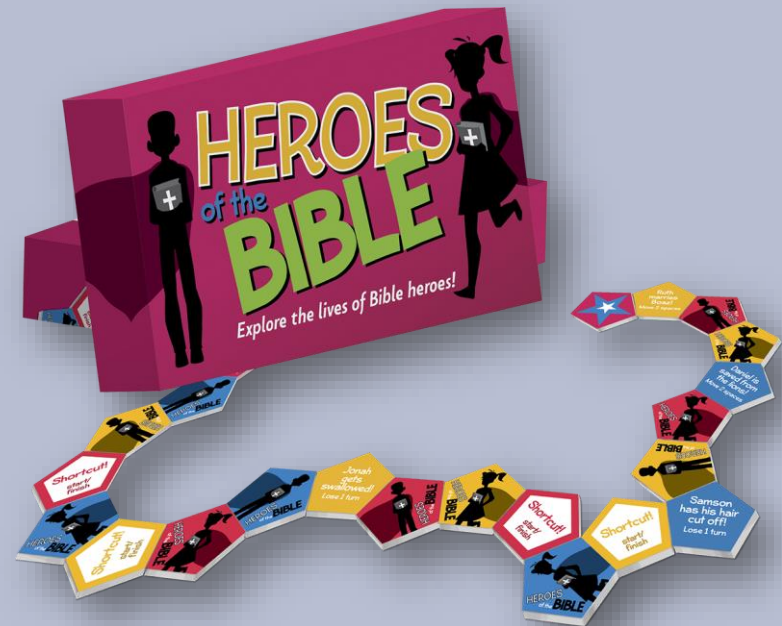
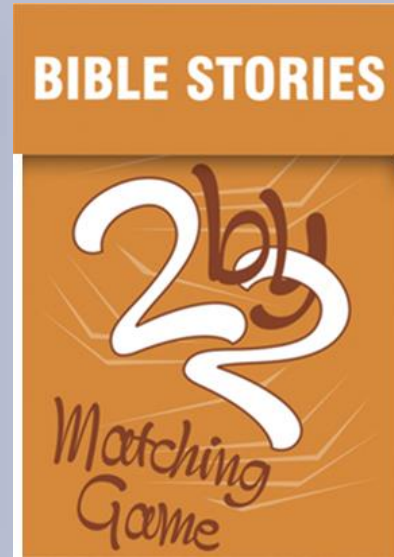
NEW

- Are you having problems getting your children to study the Bible or to keep attentive during church services?
- Here is your solution, while they look for the different Bible characters they will learn while having fun.
- See who can find them the fastest!



Bible Games

NEW



Play Time!

We are always seeking ways to make Biblical learning fun for all ages, and proudly present two innovative additions to our line of games. Create your own board in *Heroes of the Bible* and make sure the animals make it into the ark in pairs with our *2 by 2 Noah's Ark Matching Game*.

Snakebites & Shipwrecks

NEW

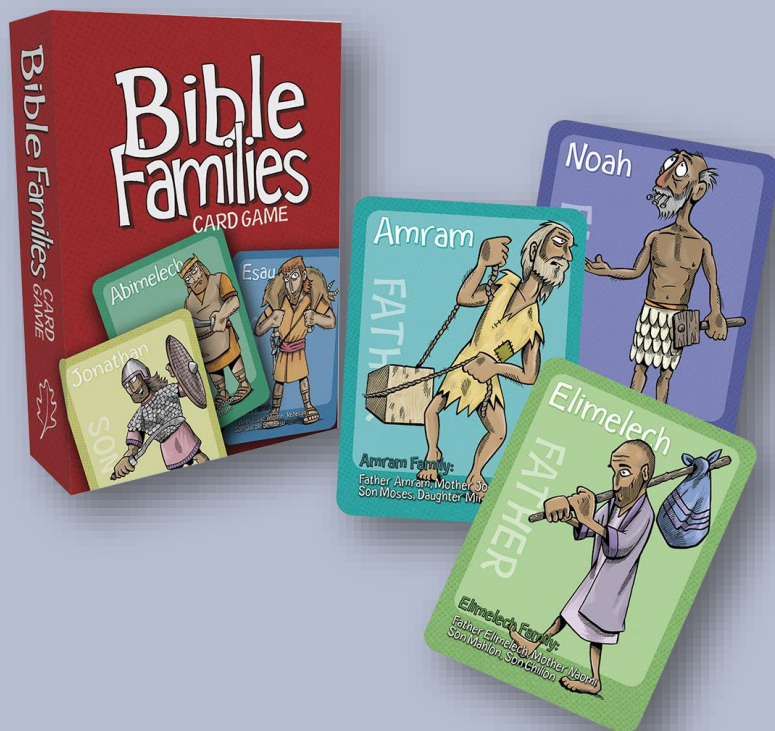


Bring Paul's missionary journeys to life in this innovative new tabletop game!

Branch out from Antioch and work as a team to complete Paul's missionary journeys, placing colour-coded tiles to map-out his routes. As you play, follow along with provided scriptural references from the book of Acts – and play the Special Event wildcards to discover some of the amazing things Paul experienced while preaching the gospel.

Bible Card Games

NEW

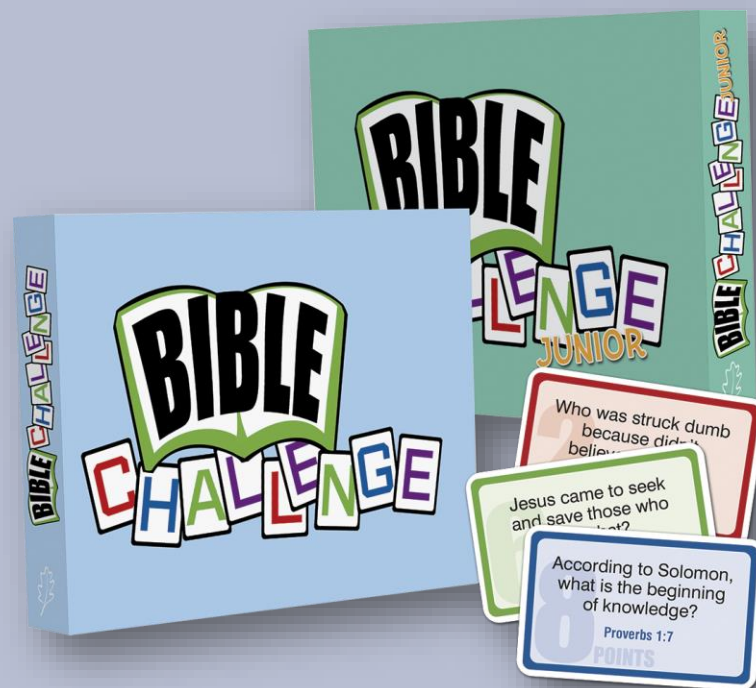


Build a family tree!

Who begat whom? Find out which of your friends knows their Bible characters in this challenging and original game.

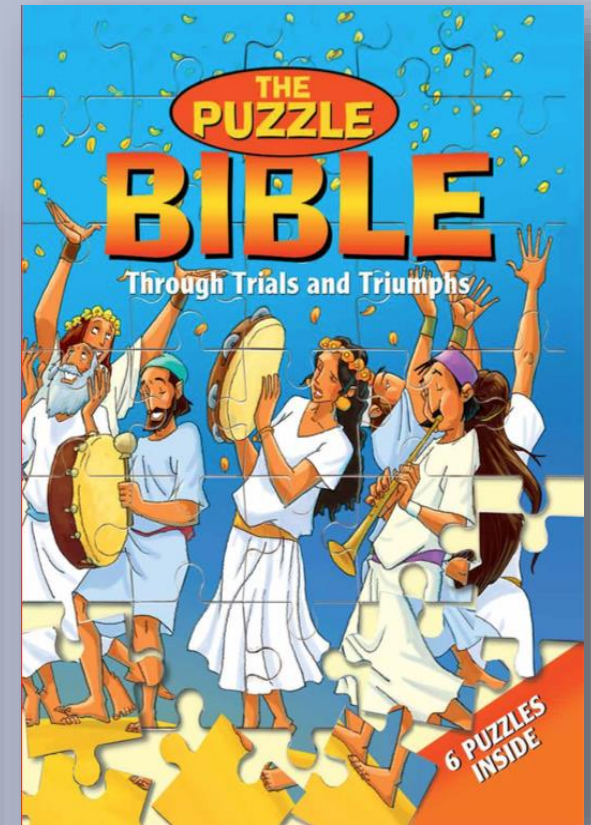
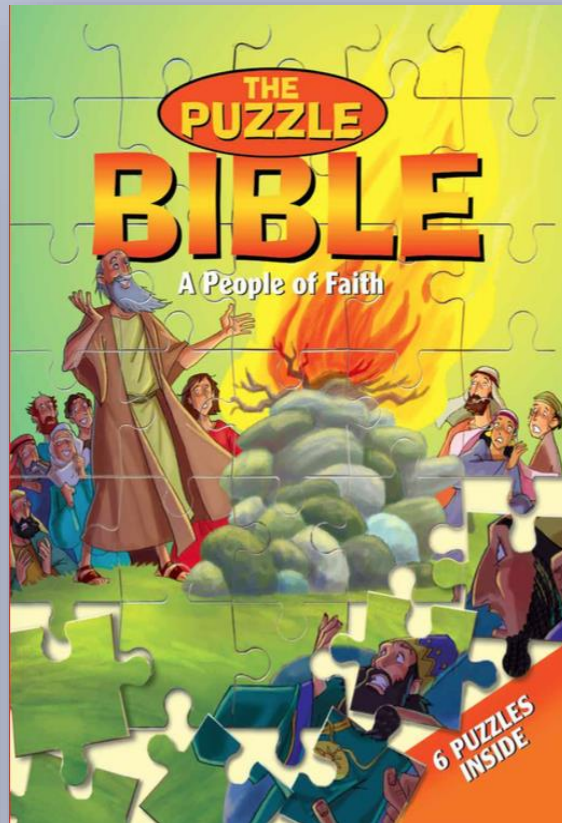
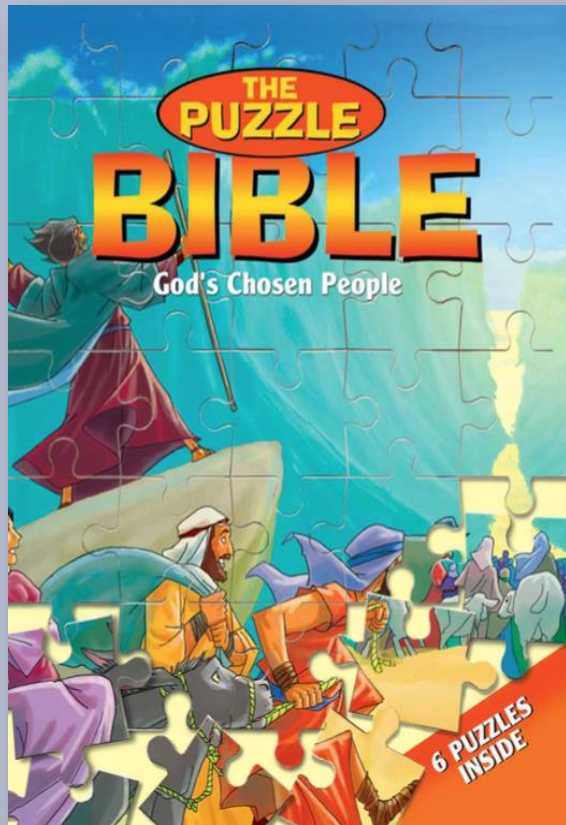
Put your brain to the test!

Who has the best Biblical knowledge? Pit your friends or family against each other to see who can be the ultimate champion of *Bible Challenge*!



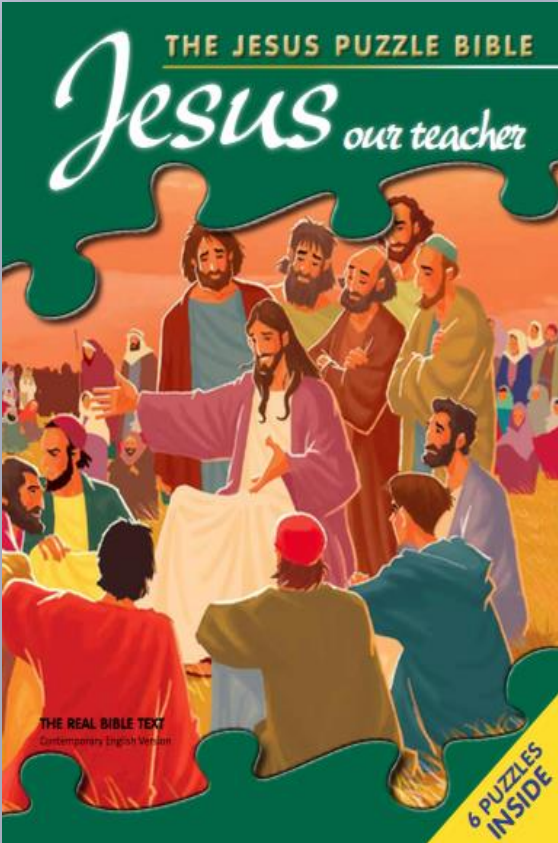
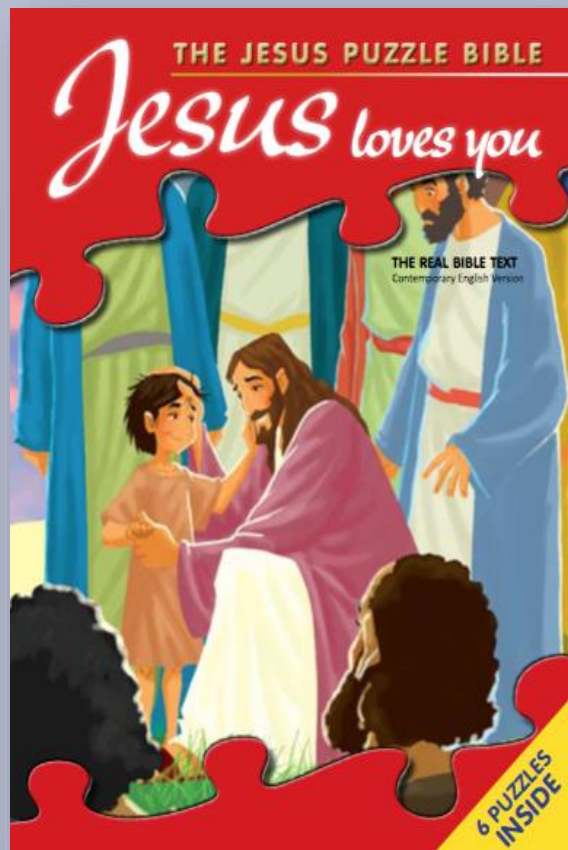
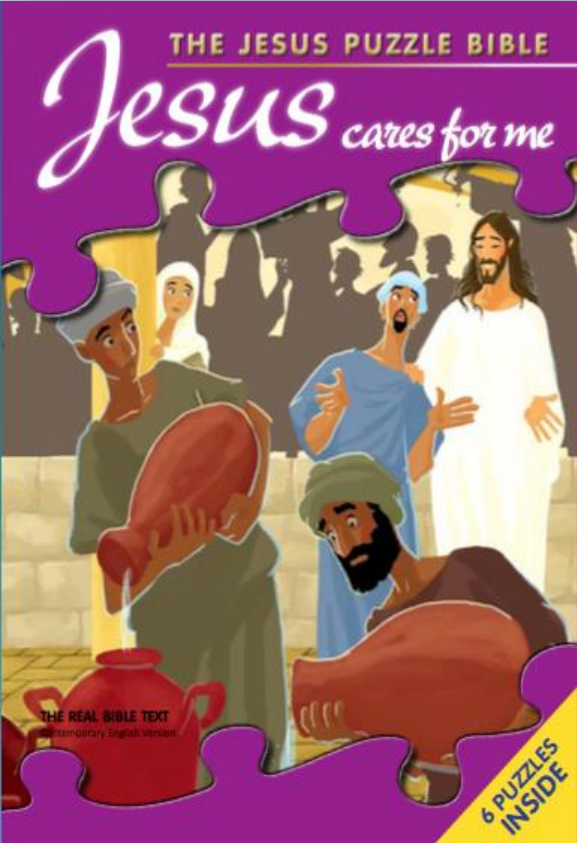
Children's Puzzle Bible

NEW



Also available in French and Portuguese.

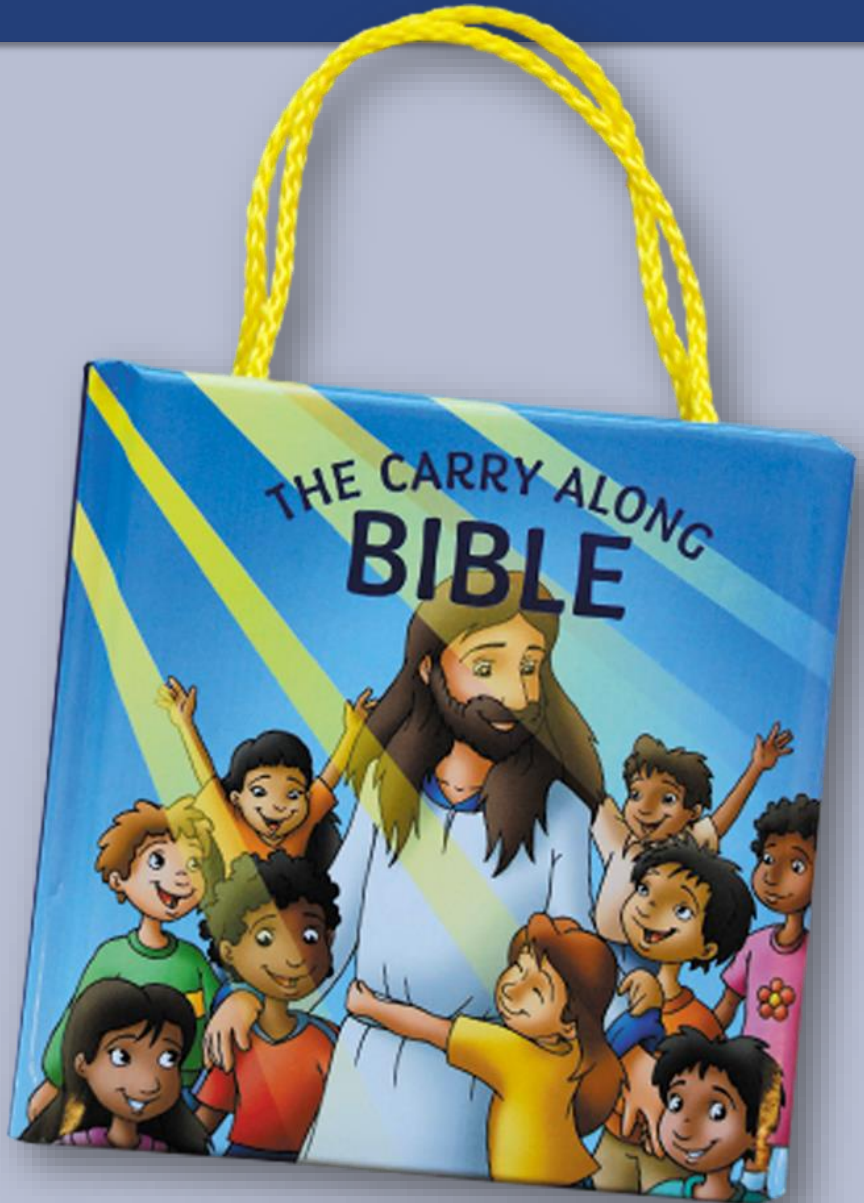
NEW



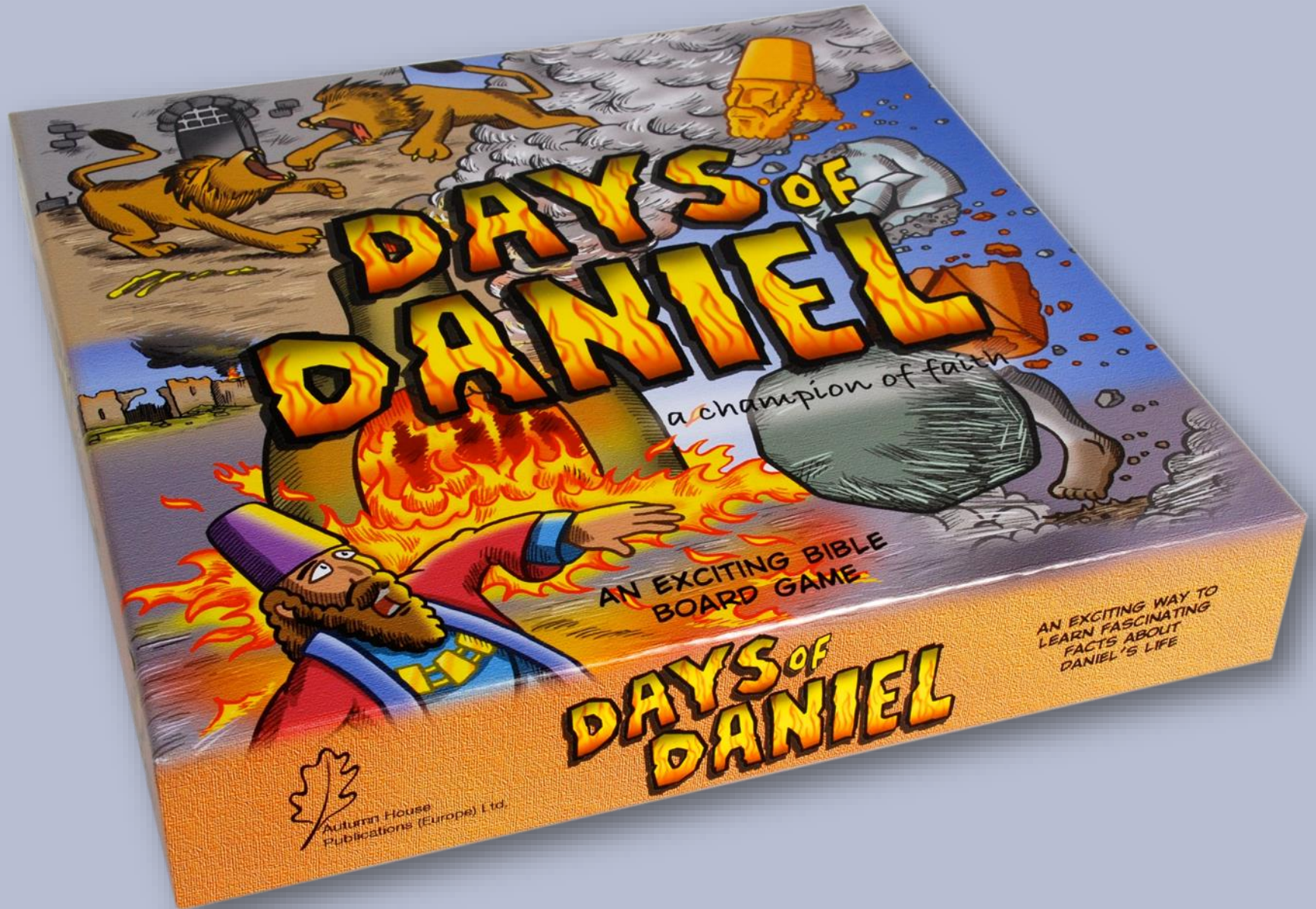
The Carry Along Bible

This little Bible board book for children presents 23 Bible stories retold in simple sentences. With carry handle.

Also available in French.

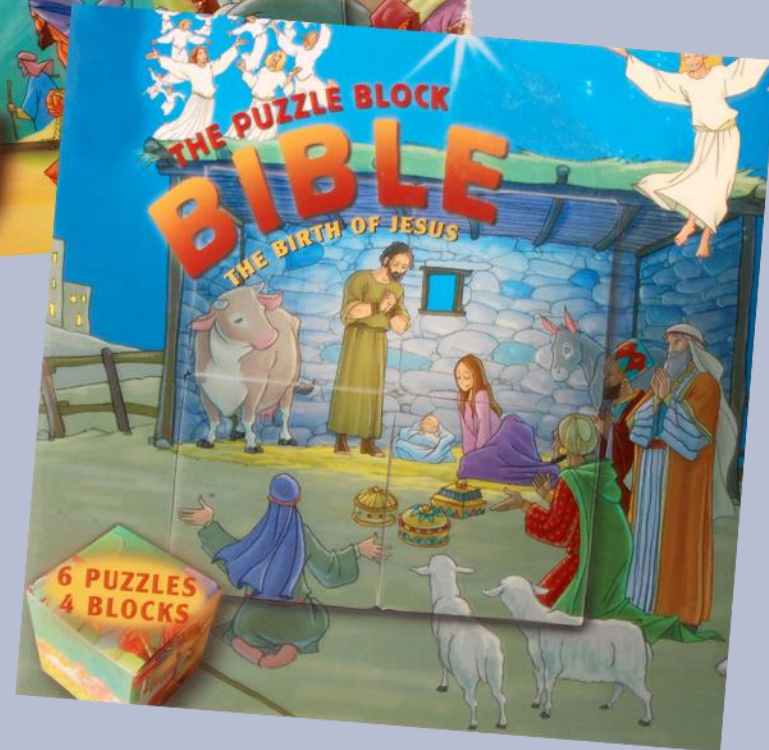
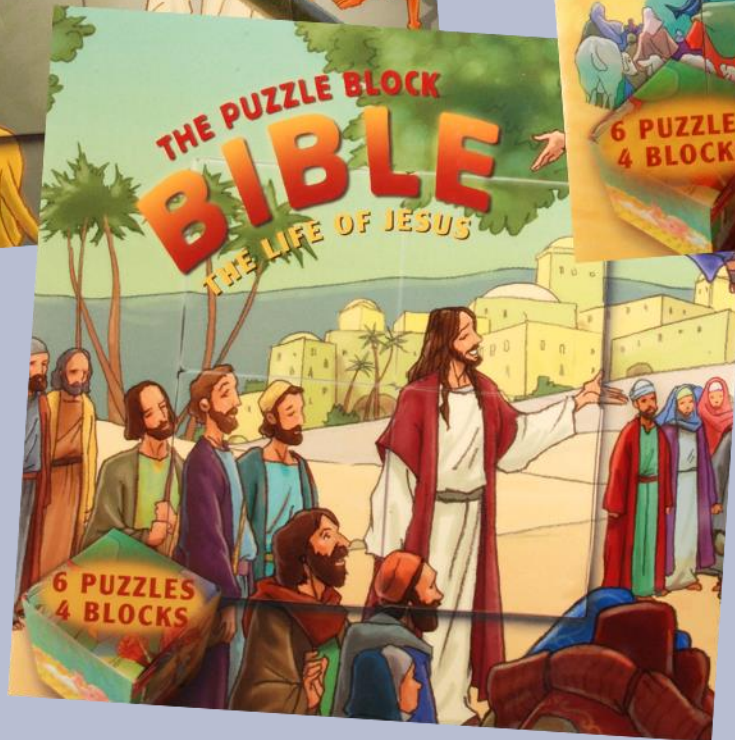
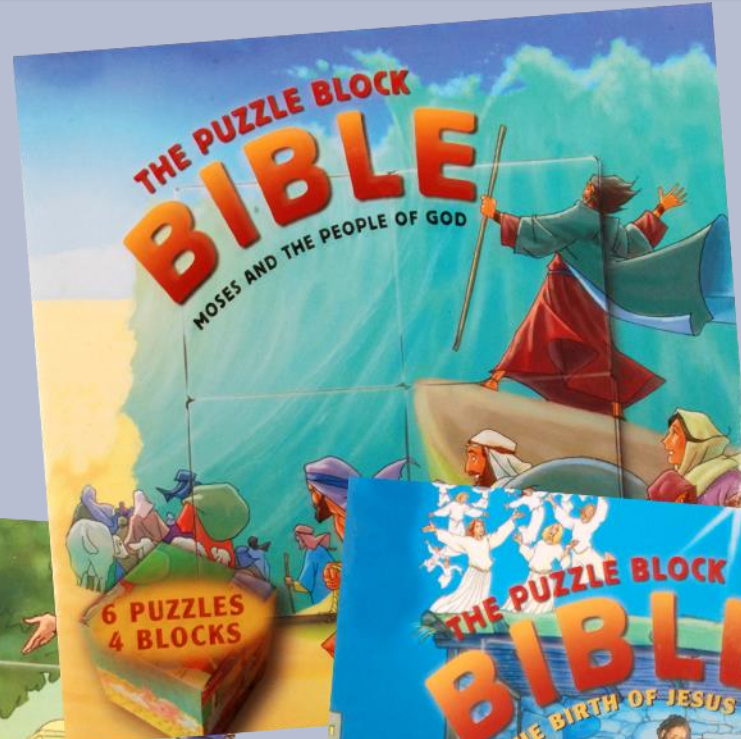
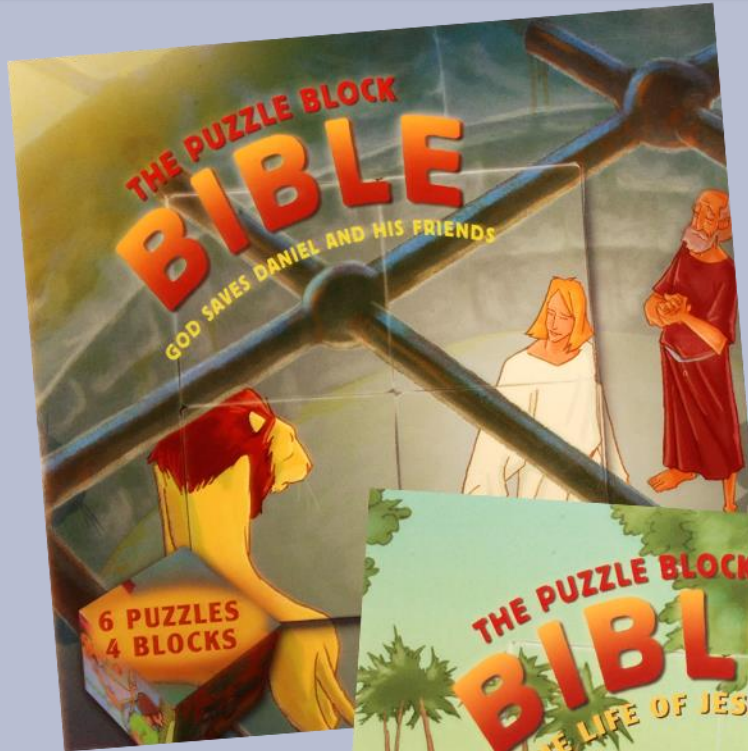


Days of Daniel Game

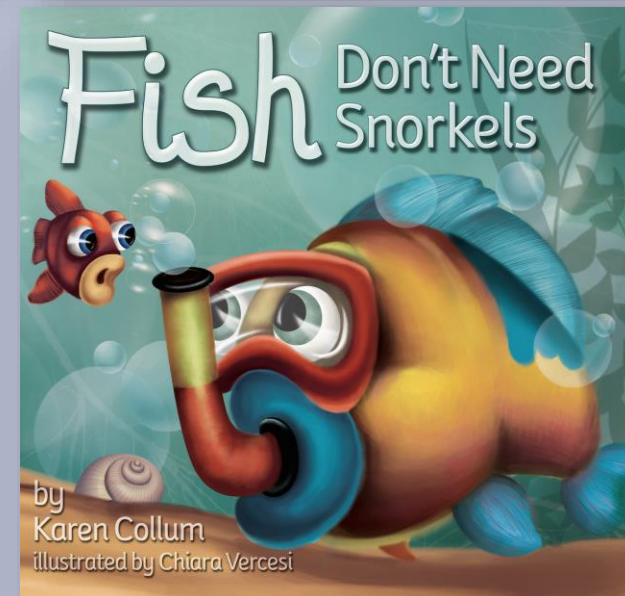
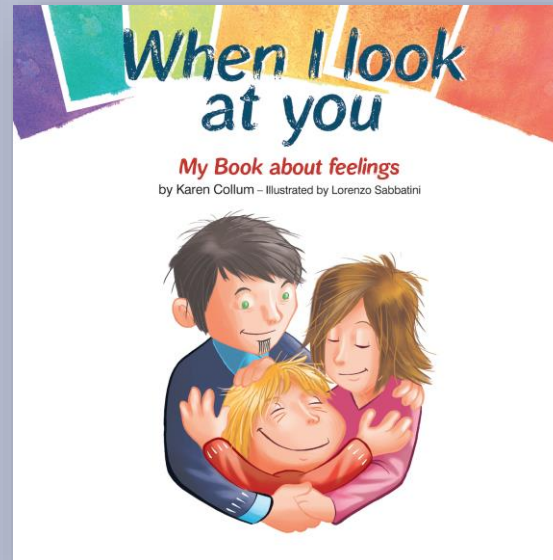
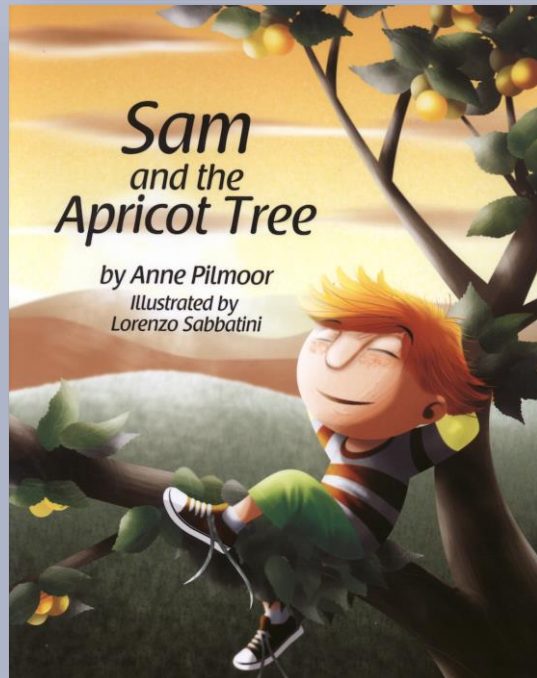
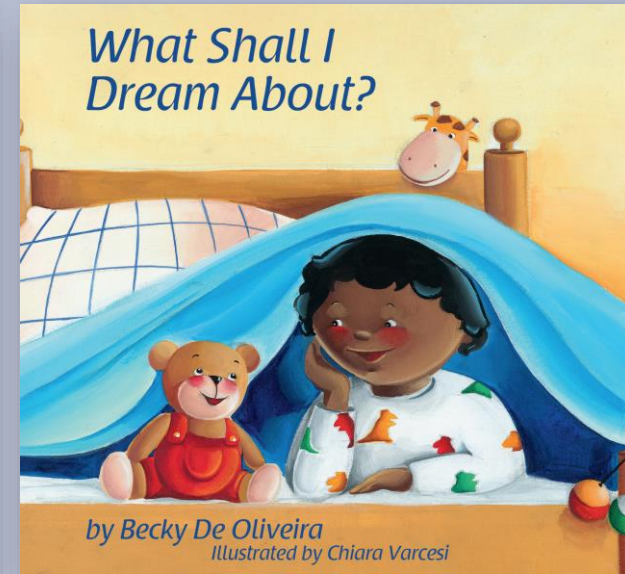
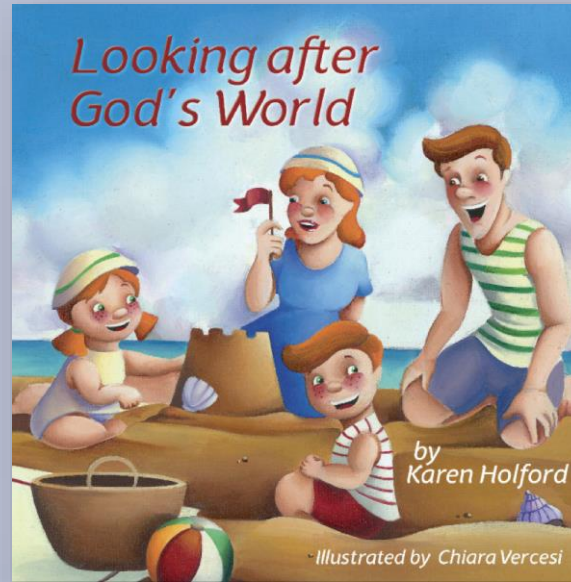
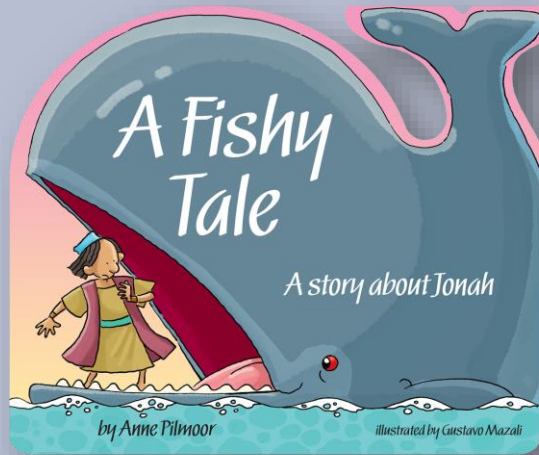


Days of Daniel board game

Puzzle Block Bibles



Picture Books for Kids



Saying Thank You to God

This beautifully written and illustrated story on stewardship will delight young children.

It also includes practical activities and suggestions that will encourage children to want to say thank you to God.



Your Angel

Children will enjoy the stories and beautiful illustrations about the boy who throws out a series of challenges to his angel to show him what he looks like.

His mother handles the boy's frustration in an unusual but remarkable way...

This is sure to become a favourite book.

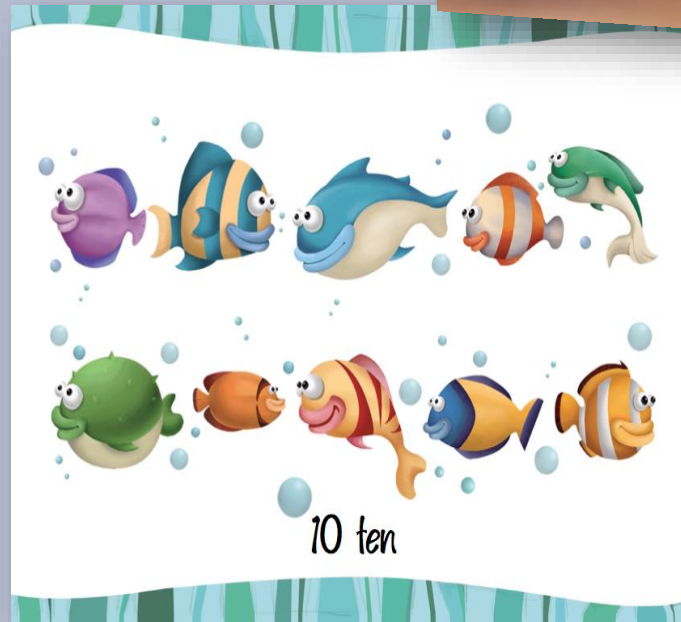


*The next morning, Mummy wore a long white dress.
At breakfast, she stood behind the boy with
her arms outstretched, almost touching him.
'What are you doing?' the boy asked.*

My Bible Counting Book

Children will enjoy this book as the scene develops on each double page.

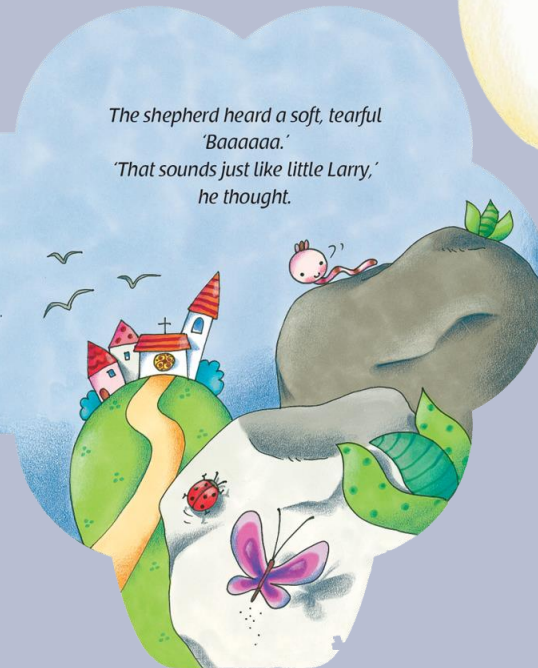
The simple text and bright, colourful illustrations will make this a favourite counting book for nursery-age children.



Lost Little Larry

This book is a wonderful introduction for young children to the stories Jesus told.

With simple text and bright illustrations.

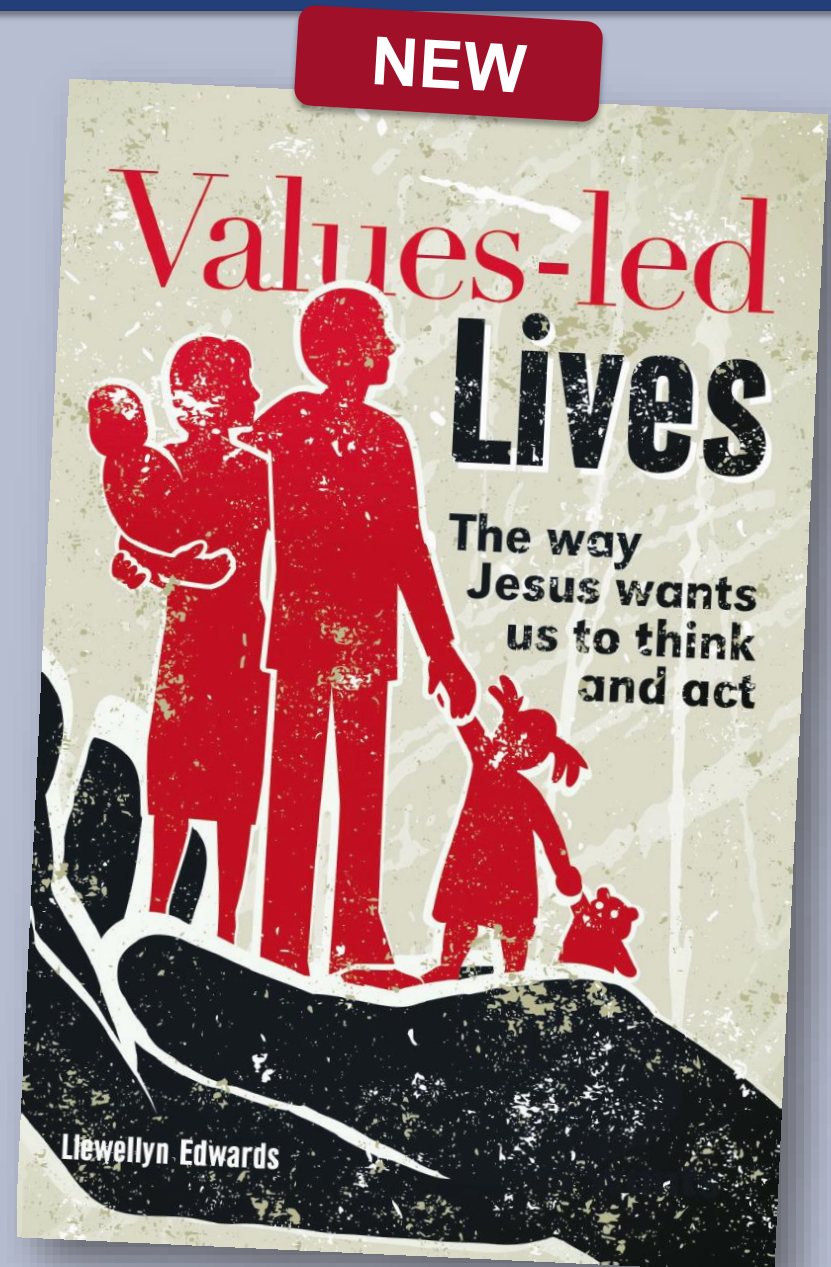




Spiritual Wellbeing

Values-led Lives

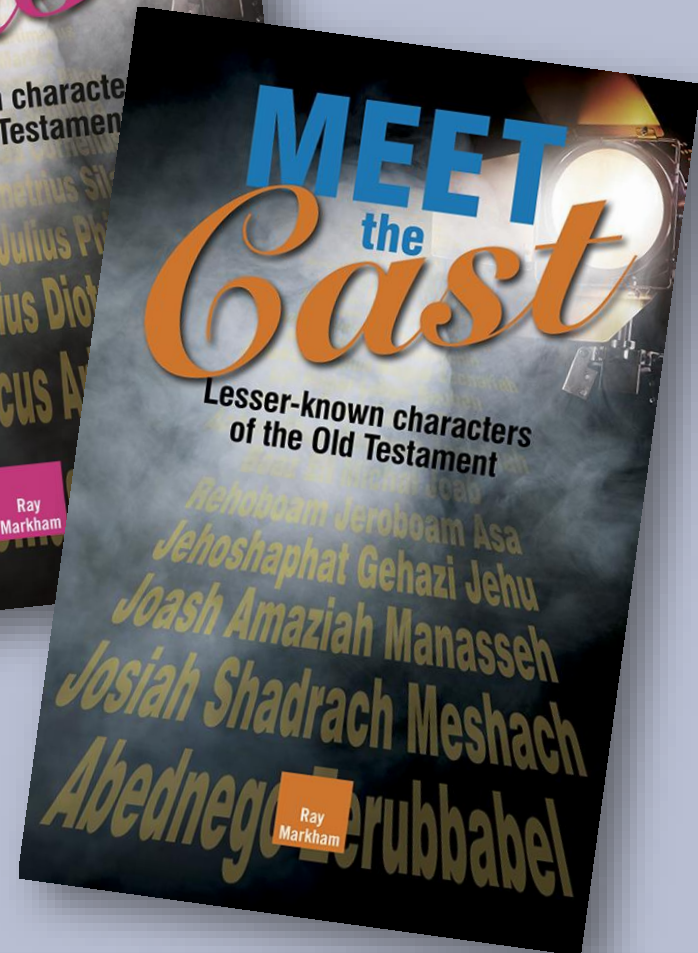
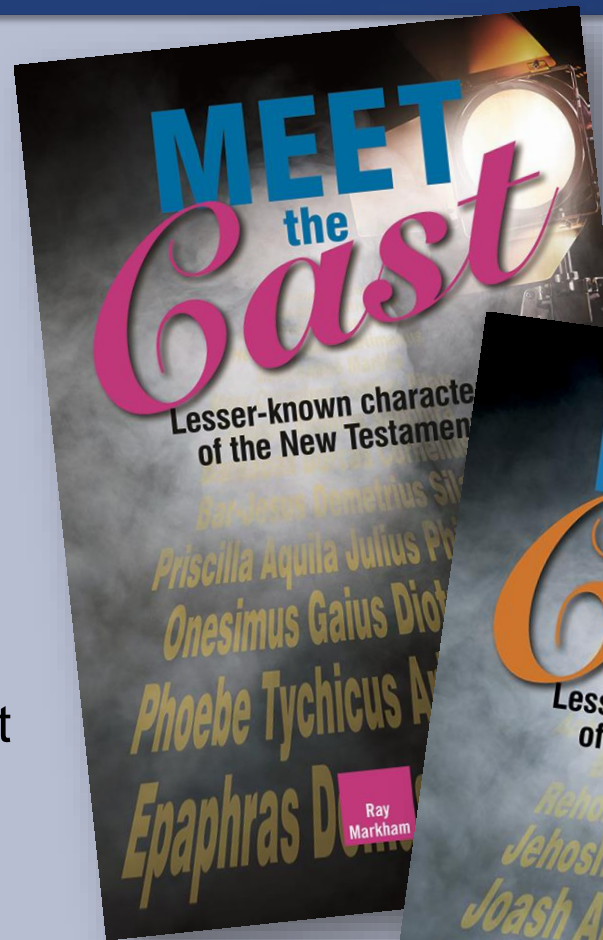
- What values do you live by? What principles drive your thoughts, words and actions? What would you sacrifice everything else for?
- In this book, Pastor Llewellyn Edwards, an experienced minister, missionary and church administrator, describes how the values that inspired Jesus can transform our lives, our families and our churches.
- If you are looking for a way to re-energise your spiritual life and make your congregation the kind of place to which people will be drawn, this is your book. It is not a read for the faint-hearted and the easily offended – but it will make you think.



Meet the Cast

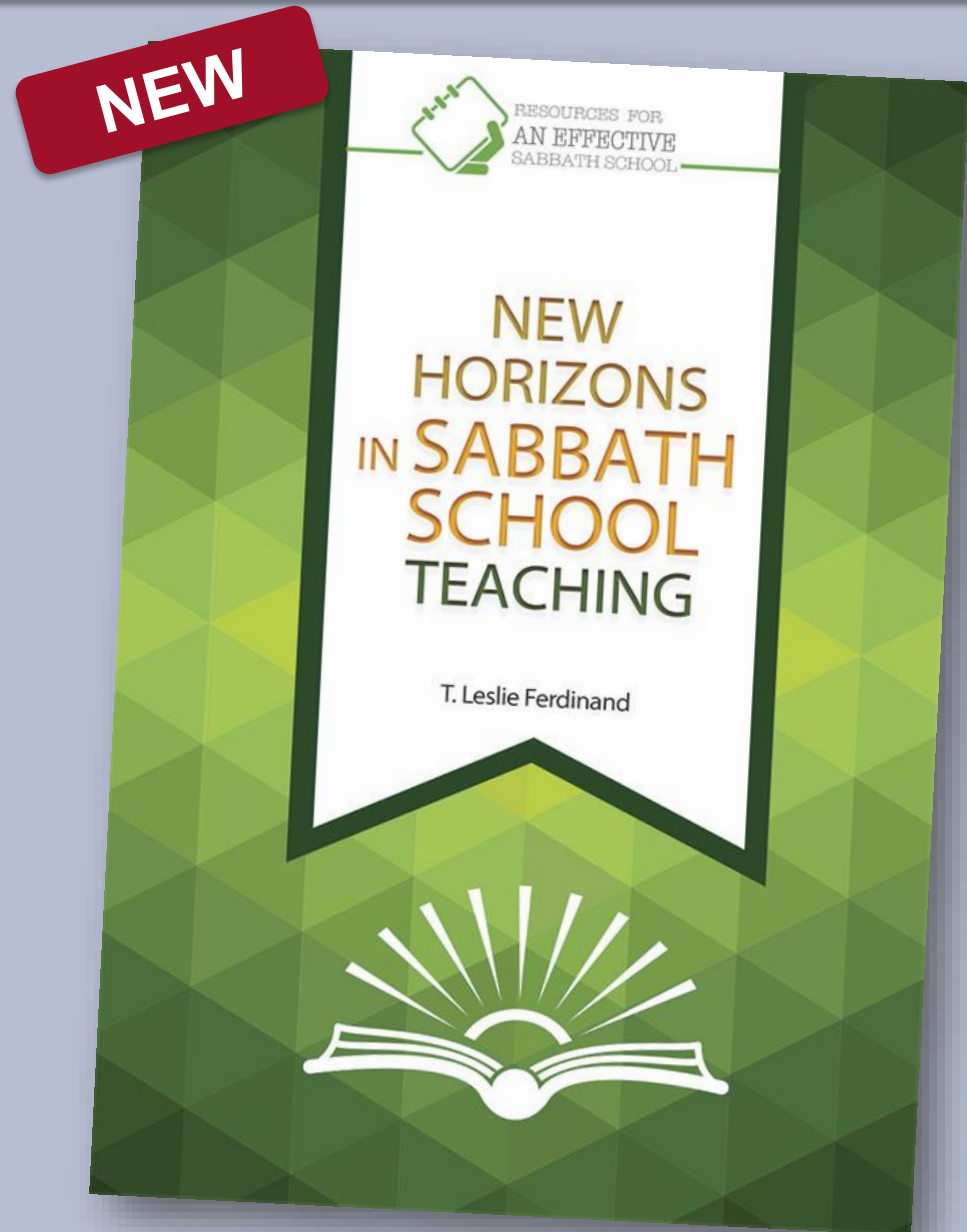
NEW

- There are some Bible stories and characters that we know very well.
- We know what they did and we know where to find their stories....
- But there are many other characters in the Bible that do not seem to have the same limelight but that made a very important contribution during their time and for us today.
- Get to know all those lesser-known characters of the Old Testament that God used to teach us today.



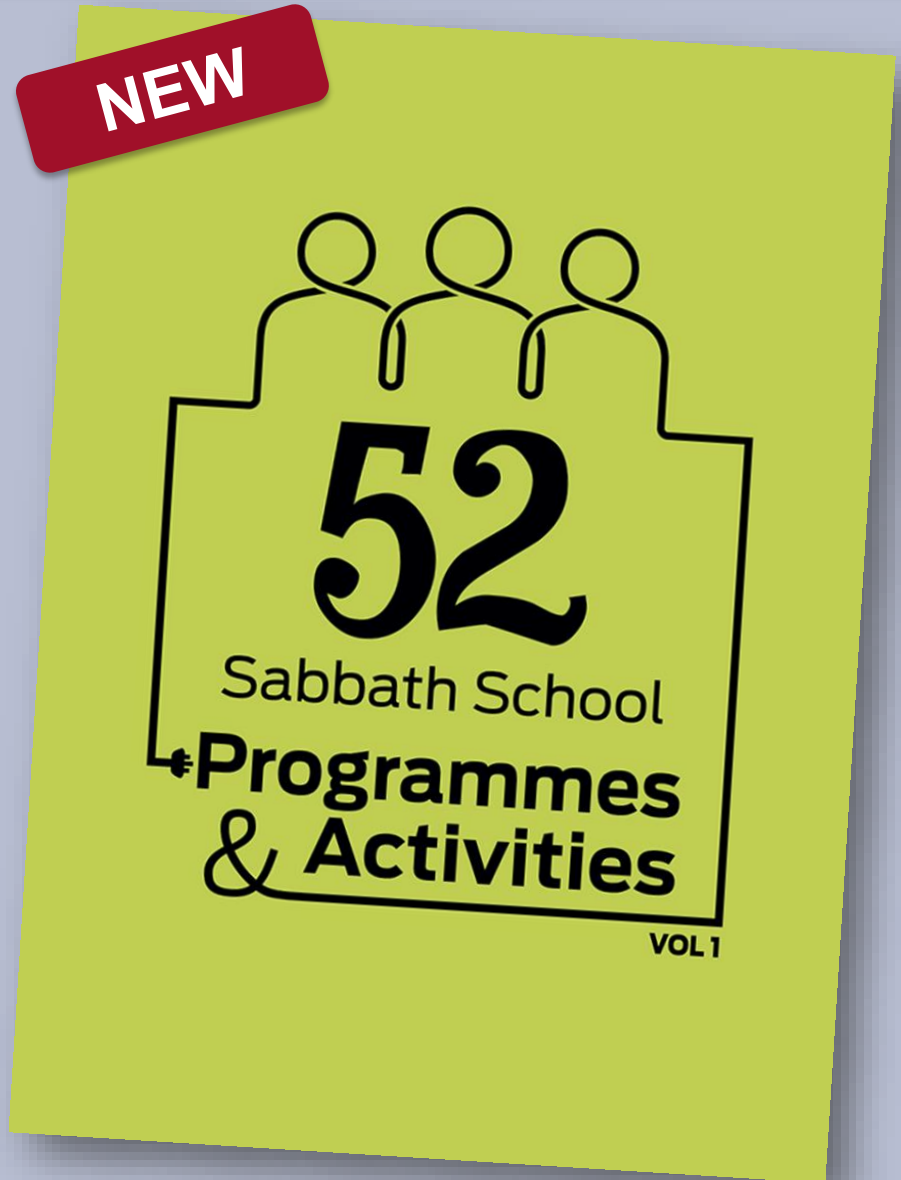
New Horizons in Sabbath School Teaching

- Total member Involvement is changing our churches and we are being blessed by many people joining in every day.
- If you want to become an expert Sabbath School teacher and speak like a pastor, think like a pastor....even sing like a pastor, this training material is essential for you.
- This training program is designed to prepare lay members to be able to lead in their churches.
- You cannot afford not have your copy...Jesus is coming soon!



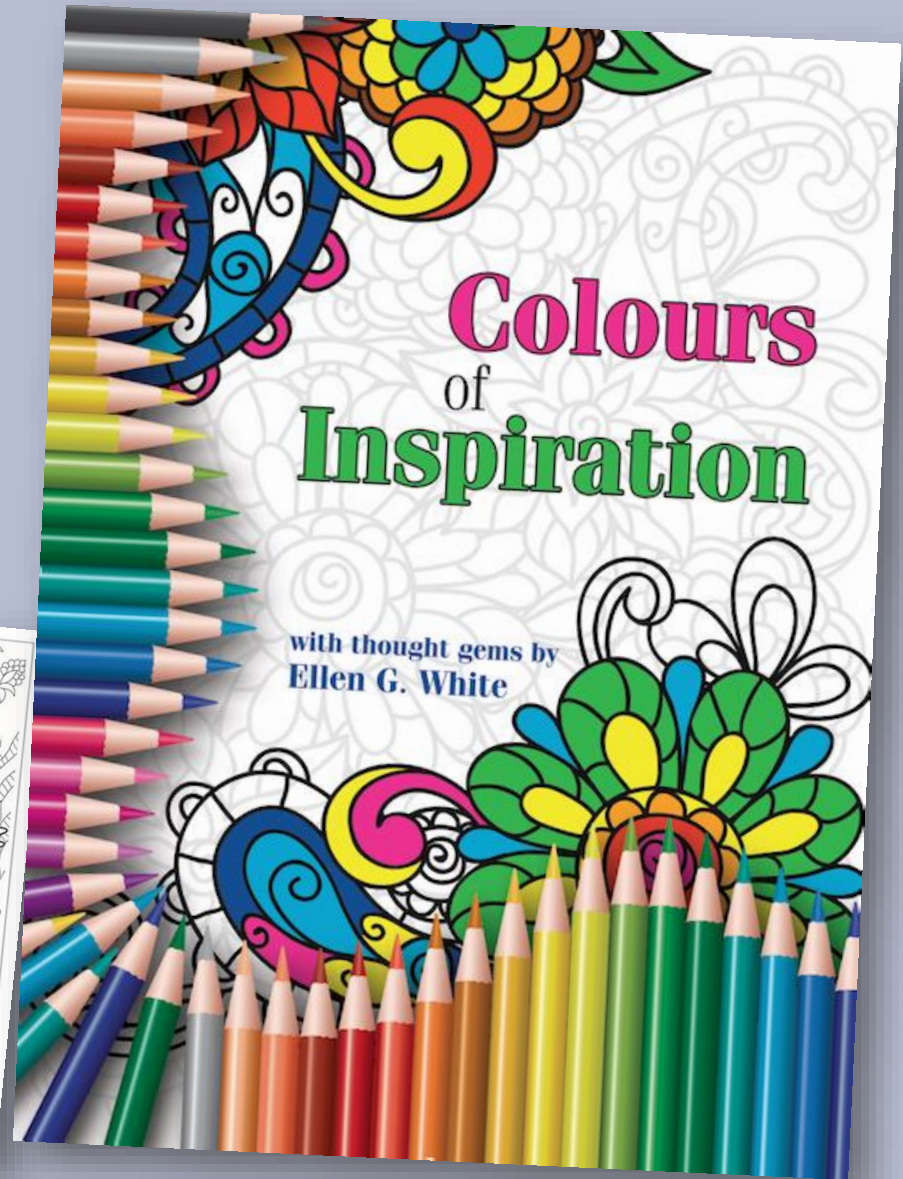
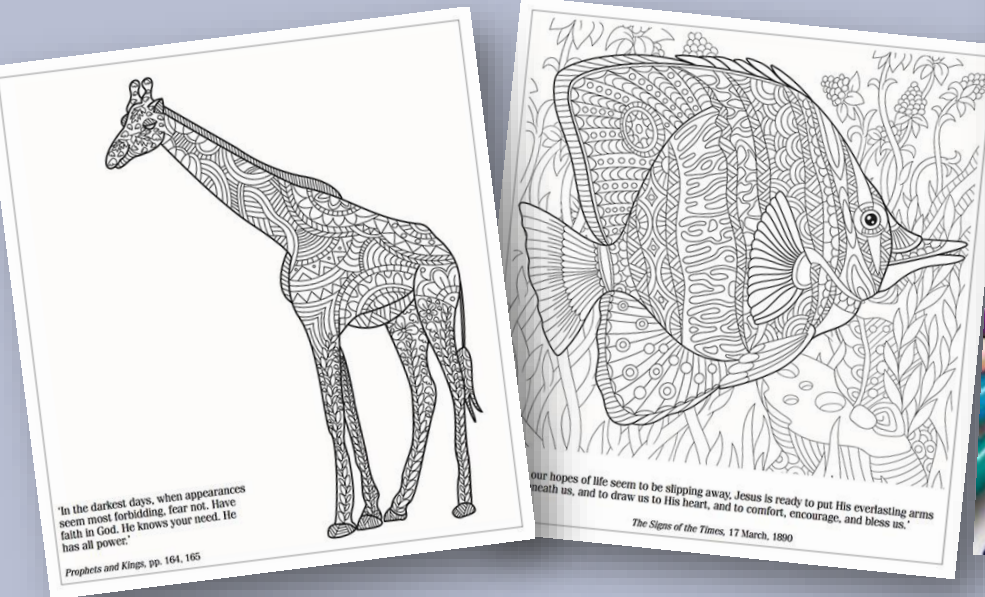
52 Sabbath School Programmes & Activities

- Total member Involvement is changing our churches and we are being blessed by many people joining in every day.
- If you want to become an expert Sabbath School teacher and speak like a pastor, think like a pastor....even sing like a pastor, this training material is essential for you.
- This training program is designed to prepare lay members to be able to lead in their churches.
- You cannot afford not have your copy...Jesus is coming soon!



Colours of Inspiration

- Colouring book developed with the E. G. White Estate.
- Contains thoughtful gems by Ellen G. White
- Wonderful method to introduce the inspirational messages written by Ellen G. White
- Designed for mature children and adults

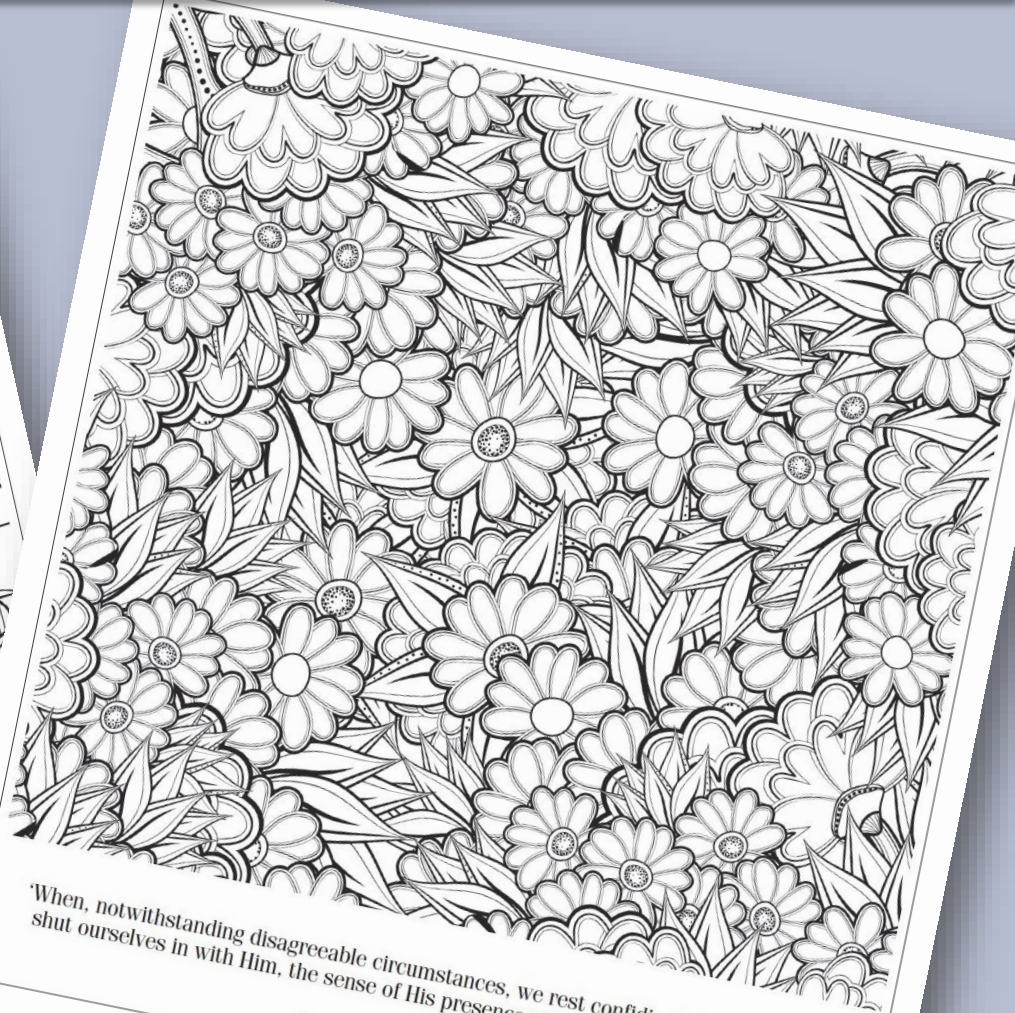


Colours of Inspiration



'Christ Himself trod a more thorny path than any of His followers.'
comfort themselves with the thought that they are in good company

The Signs of the Times, 21 June, 1883



'When, notwithstanding disagreeable circumstances, we rest confidently in His love, and
shut ourselves in with Him, the sense of His presence will inspire a deep, tranquil joy.'

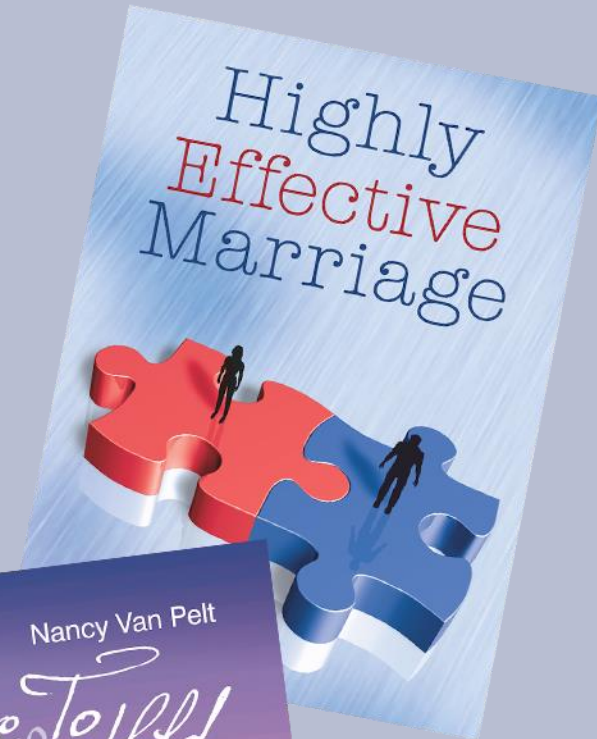
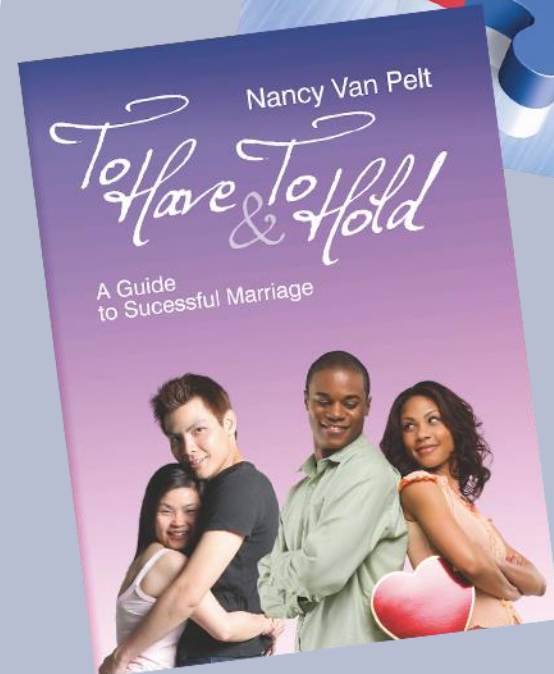
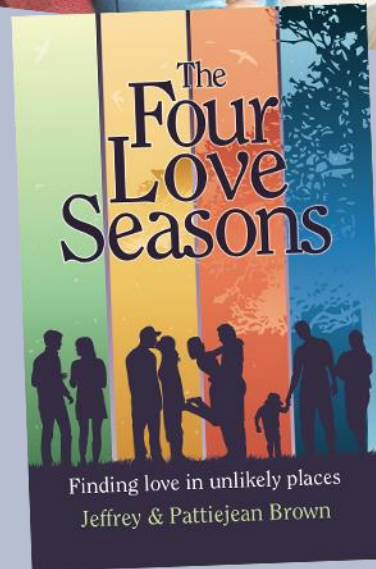
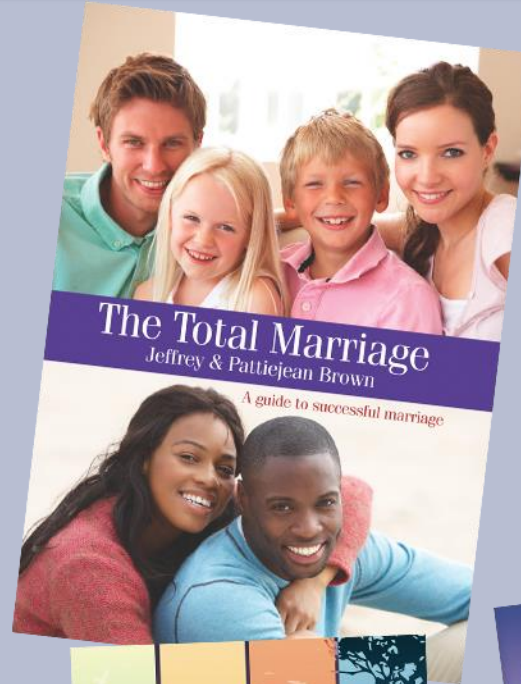
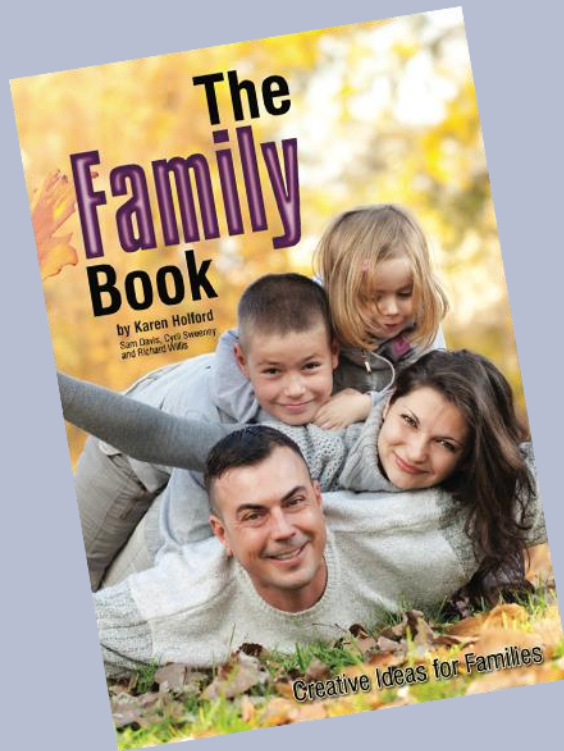
The Ministry of Healing, p. 488

Colors of Inspiration



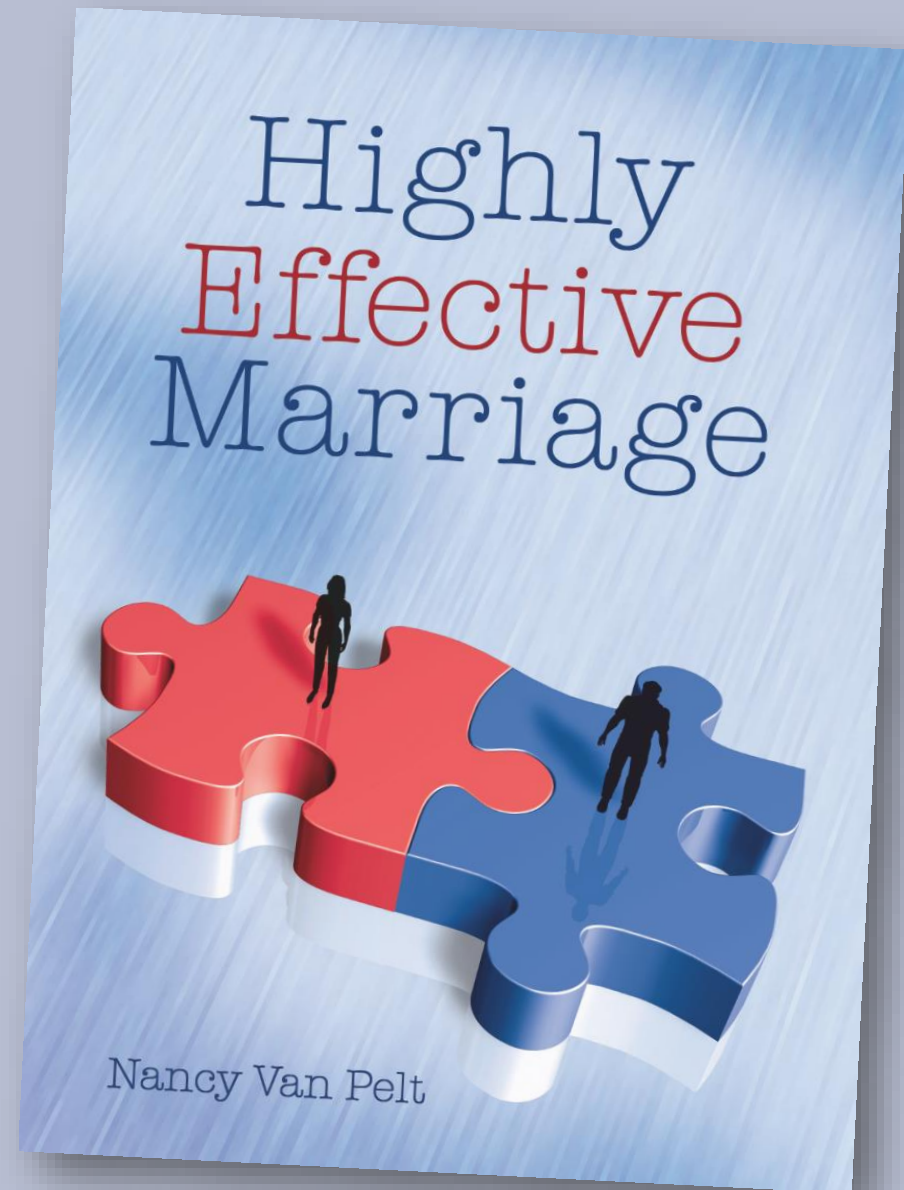
Family & Relationships

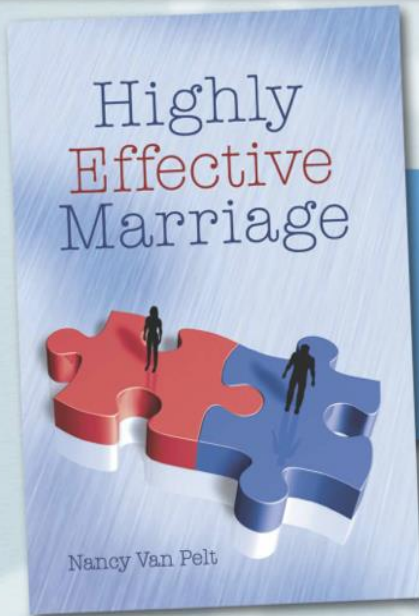
Marriage Counseling



Highly Effective Marriage

- Recent studies show that marital happiness depends on how you cope with conflict.
- If you long for marital intimacy, tenderness, respect or just a tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.
- Six rules for fighting fair
- Thirteen creative ideas for a date with your spouse
- How a few words of affection can lower your medical bills
- Twenty-one ways to love your wife





Lifestyle Books

- How to change the status quo by changing your tactics
- Six rules for fighting fair
- The magic of 'share power'
- Thirteen creative ideas for a date with your spouse
- How a few words of affection can lower your medical bills
- Nine ways to put play back into your marriage
- Twenty-one ways to love your wife
- How to decide who submits to whom
- How to replenish an overdrawn love bank
- Five ways to make your spouse feel accepted
- How to put pizzazz back in the bedroom

Find the secrets to keep your partner madly in love with you and to have a successful and **Highly Effective Marriage**.

Highly Effective Marriage

Amazingly, recent studies show that marital happiness depends on whom you marry and has everything to do with how you cope with conflict.

By learning and practising a few simple rules, you can join the ten percent who enjoy true marital happiness.

If you long for marital intimacy, tenderness or respect, or just need a tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.

Nancy Van Pelt, author of more than 42 books and expert family counsellor, presents in her book **Highly Effective Marriage** practical and clear advice on such matters as:

Series: Lifestyle Books
232pp Hardback
Nancy Van Pelt

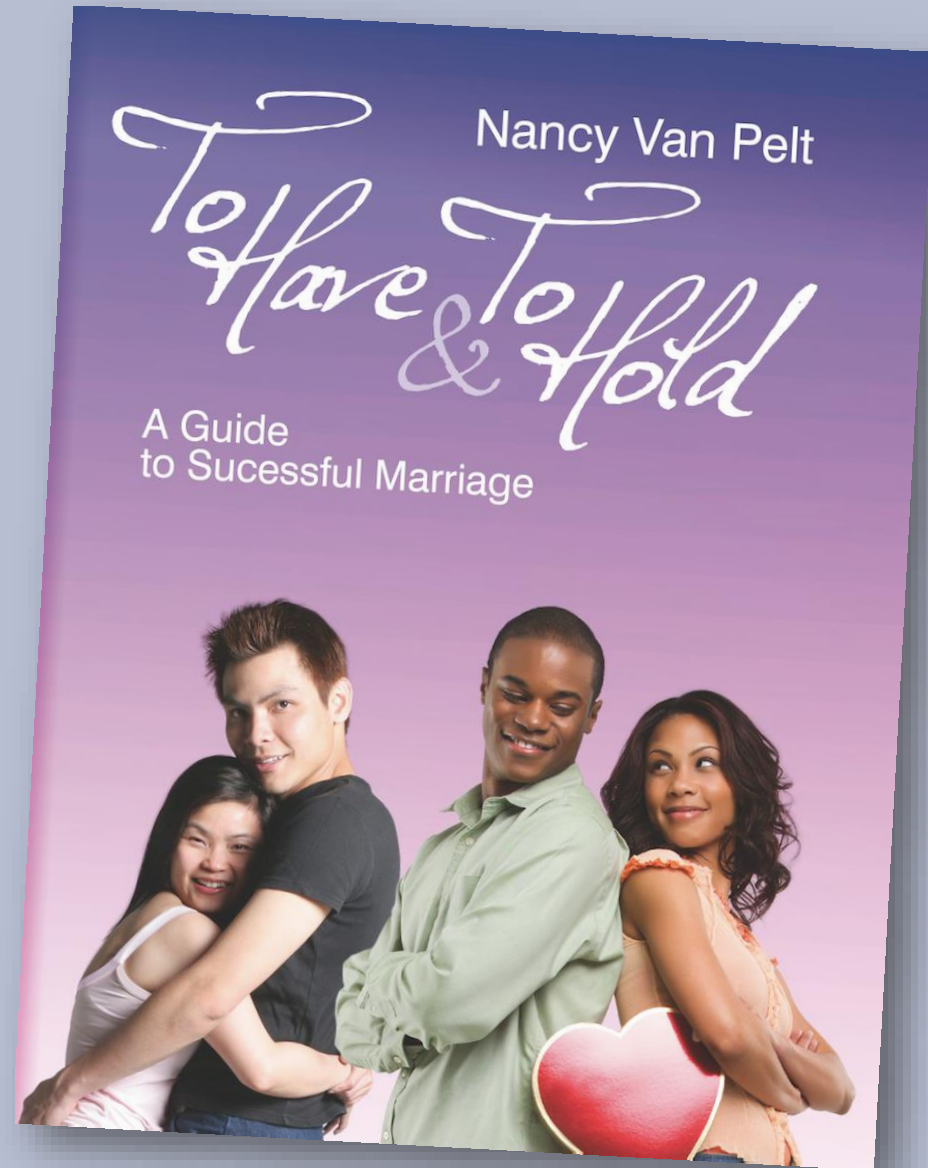


To Have & To Hold

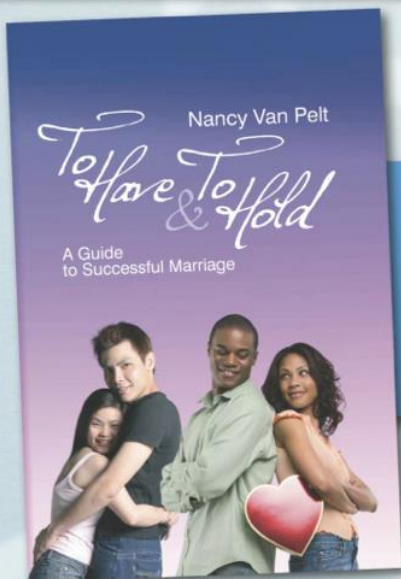
Top tips for a successful, fulfilled marriage.

- This book is aimed at three groups:
- Young couples preparing for marriage
- The average couple looking to liven up their marriage
- Couples experiencing problems

“When you take the time and effort to make a marriage good, the rewards are enormous.”



To Have & To Hold



Lifestyle Books

To Have & To Hold

A 'marriage manual' for wives and husbands alike.

To Have & To Hold will not only outline a woman's responsibility in holding the marriage together but will also help men find a better balance among the pursuit of goals, career fulfilment and a happy family life.

To Have & To Hold is a book that goes beyond theory and explores hundreds of concrete, practical methods on which husband and wife

Series: Lifestyle Books
232pp Hardback
Nancy Van Pelt

can work together in achieving a happy married life.

To Have & To Hold is aimed at three specific groups of people:

- Young couples preparing for marriage.
- The average couple looking to liven up their average marriage.
- Troubled couples that are looking to solve their problems and enjoy a happiness not yet realised.

'When you take the time and effort to make a marriage good, the rewards are enormous.'



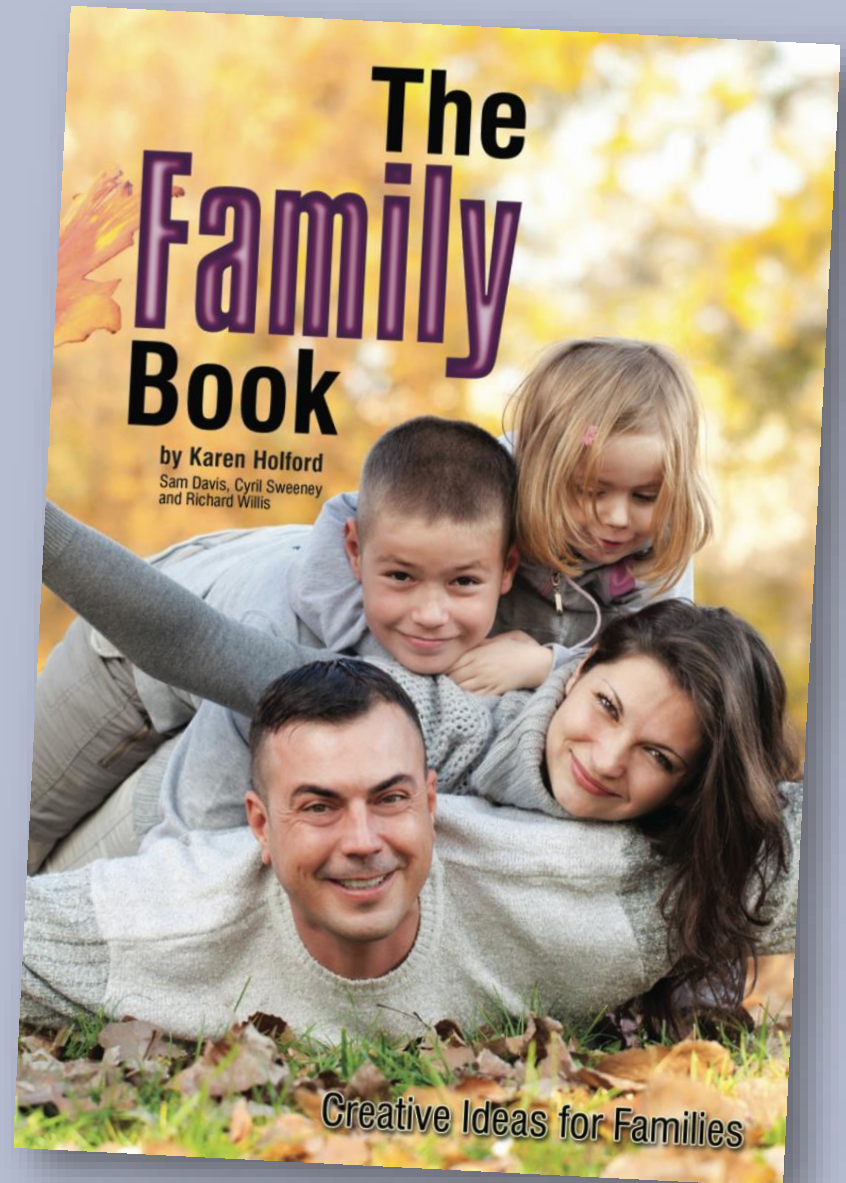
The purpose of this book is to serve as a guide to marital happiness.

To Have & To Hold by Nancy Van Pelt

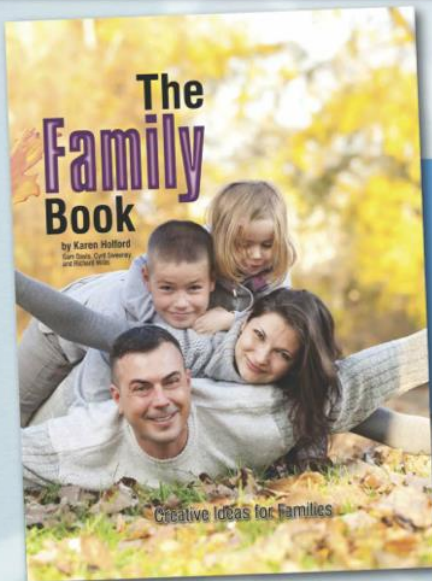
The Family Book

The nuts and bolts of being a successful marriage partner and parent.

- The basis of effective parenting
- Helping your children to make wise choices
- Preparing for marriage
- Solving problems peacefully
- How to handle anger
- Creating a welcoming home



The Family Book



Parenting Books

The Family Book

The subtitle reads: ***Creative Ideas for Families***, and this book is positively stuffed with ideas!

Karen Holford covers an amazingly broad spectrum of subjects, dealing with just about everything, from the basics of effective parenting to helping children cope with a death in the family.

Karen is joined, briefly but effectively, by Sam Davis and Cyril Sweeney, both family men and both deeply into family ministries for all age groups.

Each of the writers has a Master's degree, years of experience in family counselling, and, most important, a successful marriage and family.

Series: Parenting Books
173pp Hardback
Karen Holford

The Family Book is a hardback, 173-page, full-colour book published by the Stanborough Press that covers:

- The Biblical foundations of the family
- Parenting, including love, conflict management and communication
- Helping your family to grow spiritually
- Family worship, prayer and things to do together
- Building a strong marriage, including preparation for marriage and secrets of a successful marriage
- Reaching out to other relationships
- Creating a welcoming home
- How to be a great grandparent
- AIDS and the family



This book really does contain the nuts and bolts of being a successful marriage partner and parent.

The Family Book by Karen Holford

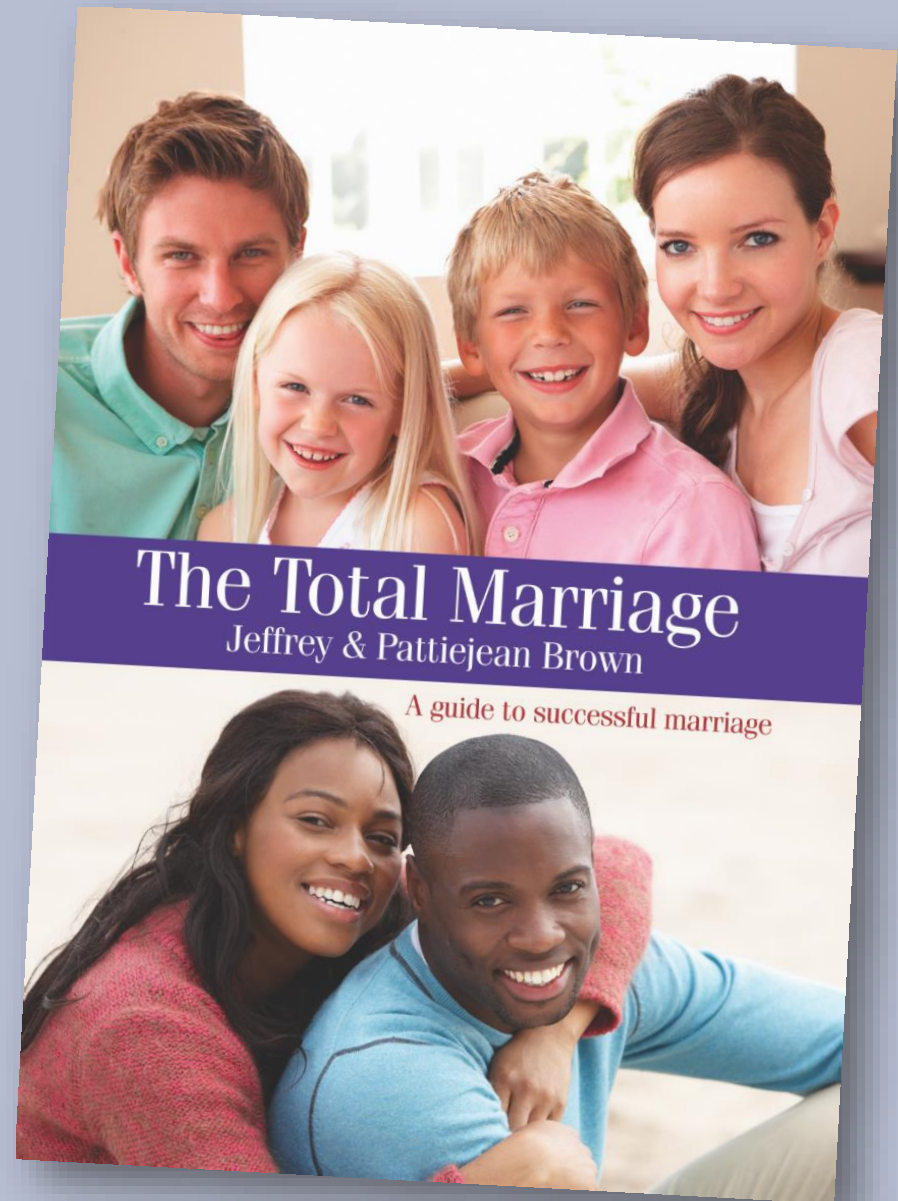
The Total Marriage

NEW

The authors stress that marriage is not about *finding* the right person, but about *being* the right person.

They answer such questions as, What do you do when your marriage is not all you expected? How can conflicts within marriage be resolved? How can marital sex be made more fulfilling? How can a dead or dying marriage be brought back to life? Is there life beyond children?

Experience a ***Total Marriage*** — looking, liking, learning, living and loving.



The Total Marriage by Jeffrey & Pattiejean Brown

The Total Marriage

The Total Marriage

The extended family

It comes as a surprise to some to hear that the extended family was a feature of most cultures until the Industrial Revolution. It was the onset of industrialisation that began to reduce the extended family to the nuclear family. With increased mobility came a new emphasis on independence in family living. A shift occurred from mutual person-to-person concern and service to greater individualism and the development of a strong profit motive. The Western family model, with its personalised focus, led to a more individualistic society than the community-orientated nature of the African family. Western family patterns became conjugal and nuclear; African family patterns remained consanguine and extended.

African and Western

In many ways Western family life follows that of the ancient Greeks, and African family life follows that of the ancient Hebrews. Industrialisation, Westernisation, education, urbanisation, and even westernised Christianity have moved the contemporary African family away from the biblical model, rather than towards it. South African church leader Dr V. S. Wakaba maintains: 'The African family should not be contrasted with the Western family, in which the latter is held to rotate to the nuclear family. In

ancient Israel, marriage would have been classified as "African" rather than "Western".' John Mbiti, in his book *Love and Marriage in Africa*, stretches the perimeters of marriage by stating, 'Marriage is not just an affair of two individuals alone. You do not just marry one man or one woman.' African family life includes not only spouse but relatives, friends, work associates and club or church members.

While culture is very significant, let us consider the Bible's teaching on marriage.



Marriage: ideal, ordeal or new deal?

The biblical concept of marriage

One (female) author says, 'The husband is the manager, and the wife is the assistant manager. She is comfortable in sharing her suggestions concerning the management of the company and is not upset when she is overruled.' I don't know that we would all agree with this, but Christians have generally embraced a traditional, hierarchical pattern of marriage. There are three phases in biblical history or acts of the biblical drama: creation, fall, and redemption.

■ Creation.

In Genesis 2:18 we find the word 'helper'. The biblical understanding of a 'helper' is not an assistant, a supporter, someone occupying merely a secondary position. The Hebrew word for 'helper' is used overwhelmingly in the Old Testament to describe God Himself. Hence it is a term that cannot be used to signify subordinate female roles.

God, the Helper (see Exodus 18:4) provided a helper to deliver the man from aloneness. Indeed, Adam and Eve enjoyed, before the Fall, a relationship of full mutuality in equality.

The Total Marriage

The Total Marriage

Power, that when the Bible talks about love it is spontaneous love which is shared whether or not the person is worth loving, simply because, since I've been born again, it's my (new) nature just to love.

So marriage is not an if-then alliance. Christian marriage is an in-spite-of, anyhow, regardless, nevertheless relationship. Yes, you're right. We do seem to do things differently. Sometimes we don't seem to be compatible. We are going through a rough patch, but NEVERTHELESS . . . we're going to see it through. That's Christian marriage.

Covenant marriage will not necessarily be accepted or understood by today's popular culture; but then

'The Christian faith often operates with a lack of evidence that seems ridiculous to the rest of the world. It often seems to contradict the plain facts with a foolhardy 'nevertheless'. Such foolhardiness is built into our faith, because we proceed on the irrational assumption that God the Son has become a man among us, and we stake our lives on nothing but the story of the crucifixion and resurrection of that Son. . . . We entertain the seemingly ridiculous notions that nothing can separate us from the love of God, that He is working out a good purpose for us even when we are suffering or in pain. . . . Foolish? Yes, indeed it is foolish, but nevertheless true.'

Elizabeth Achtemeier, The Committed Marriage

16



Christianity does not expect always to be understood. One of its leaders once said, 'The message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.' (1 Corinthians 1:18, RAV.)

Marriage: ideal, ordeal or new deal?

Lovework on chapter 1

Comparing our strengths

- Look at the list below and tick the strengths you see in each other.
- Spend time complimenting each other on these strengths (refuse to hear comments from your spouse on number 3 if you have not been pampered in number 2!).
- Are there any of these strengths that irritate you from time to time?

Sanguine
(popular)

1

Life of the party
Storyteller
Very enthusiastic
Good sense of humour
Very friendly
Lives for the present

Choleric
(powerful)

2

Born leader
Dynamic
Quick-thinking
Competitive
Confident
Strong-willed

Melancholy
(passionate)

3

Talented and creative
Deep thinker
Faithful and devoted
Excellent listener
Sensitive to others
Detail-orientated

Phlegmatic
(peaceful)

4

Easygoing
Cool, calm and collected
Diplomatic
Dry humour
Unruffled
Very practical

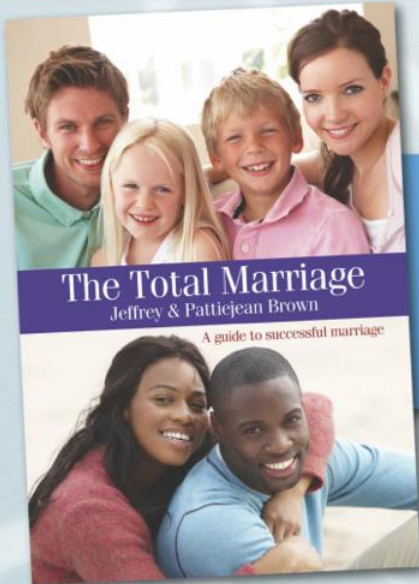
Look at the pictures below. Which picture best describes you/your partner? Have fun!



17

The Total Marriage

Family Life



The Total Marriage

A practical guide to successful marriage.

Singles often ask, 'How can I be with the one I love?' Married people sometimes ask, 'How can I love the one I'm with?'

Hollywood has managed to make unfaithfulness and marriage break-up titillating. The fact is that the consequences are devastating – not just for spouses, but for the children of the marriage.

The authors, Dr Jeffrey Brown and his wife Pattiejean, conduct relationship seminars for marital and premarital couples and singles. They have pastoral and counselling experience and have lectured on family life issues in Africa, North America and Britain. He is an ordained minister and qualified counsellor.

Series: Family Life
176pp Hardback
Jeffrey and Pattiejean Brown

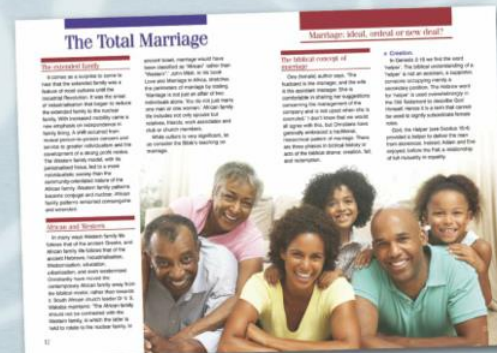
In the ten chapters of the 176 pages of ***The Total Marriage***, the authors stress that marriage is not about *finding* the right person, but about *being* the right person.

They answer such questions as:

- What do you do when your marriage is not all you expected?
- How can conflicts within marriage be resolved?
- How can marital sex be made more fulfilling?
- How can a dead or dying marriage be brought back to life?
- Is there life beyond children?

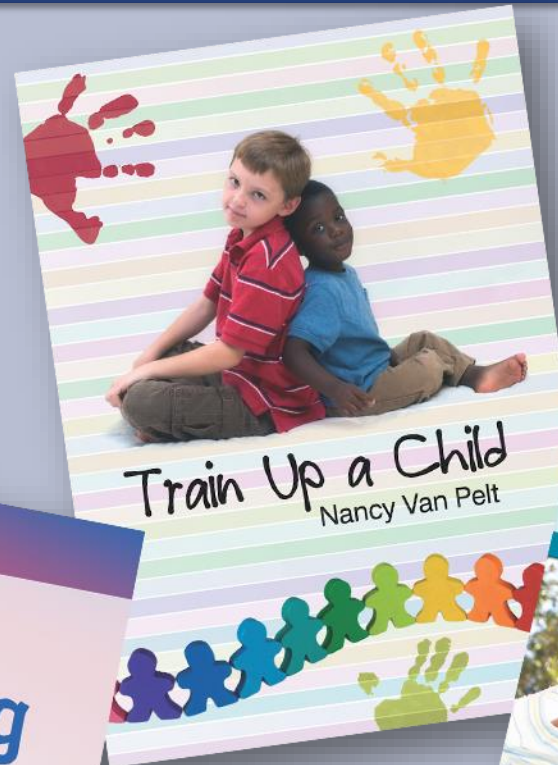
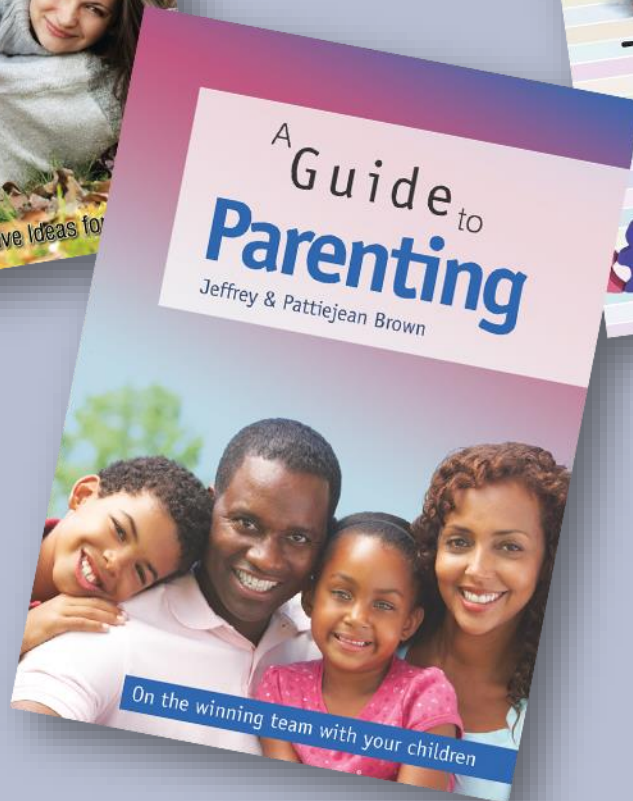
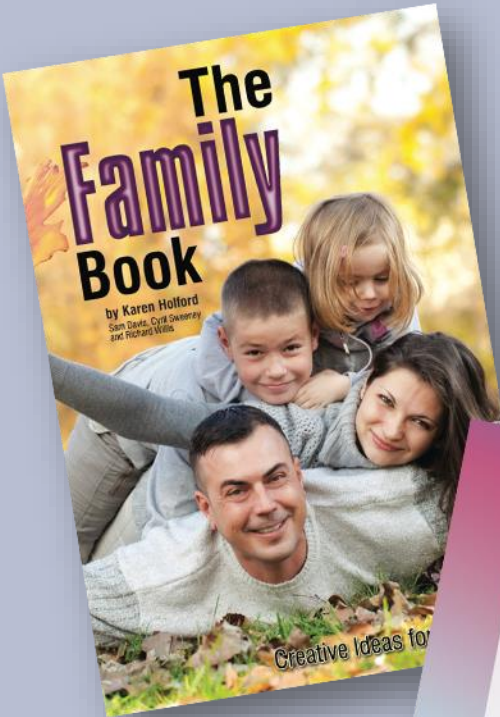


Experience a ***Total Marriage*** –
looking, liking, learning, living and loving.



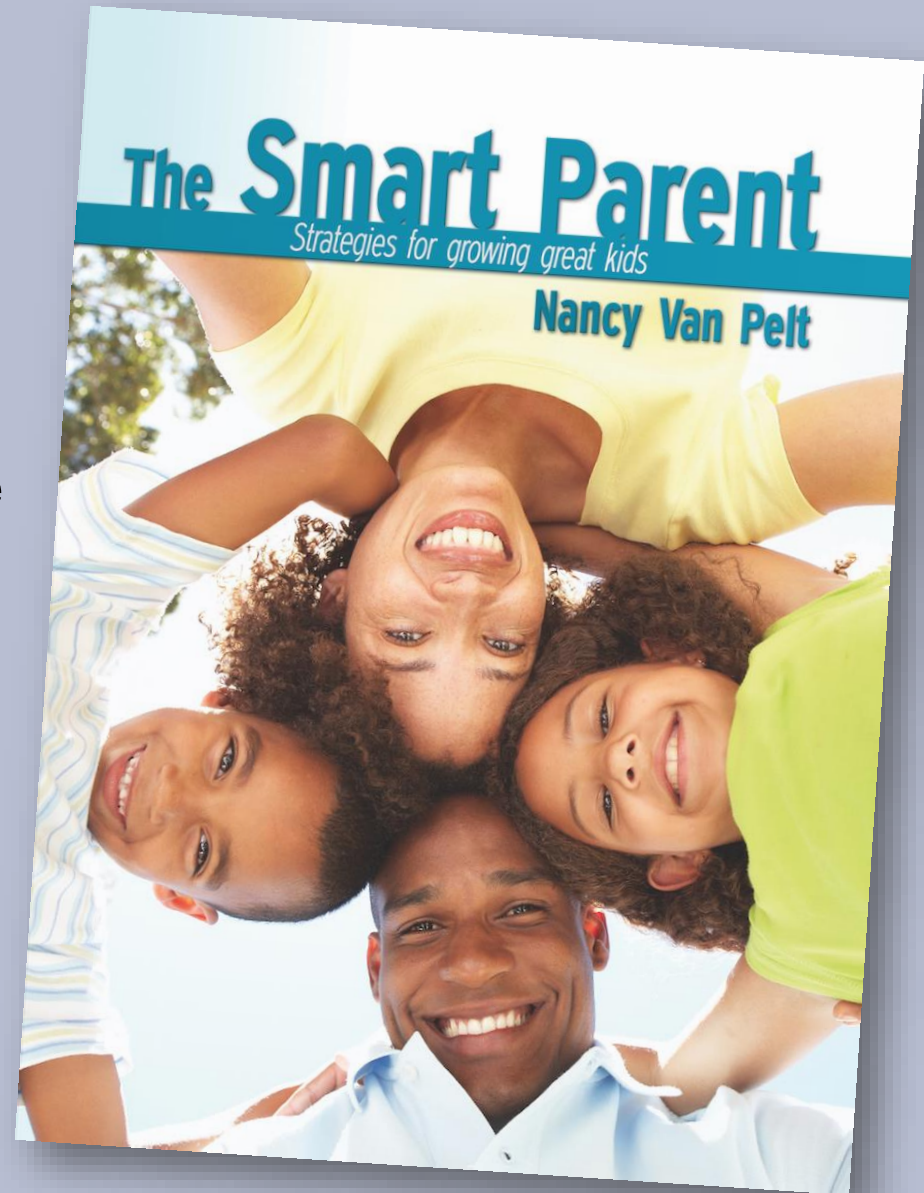
The Total Marriage by Jeffrey & Pattiejean Brown

Parenting

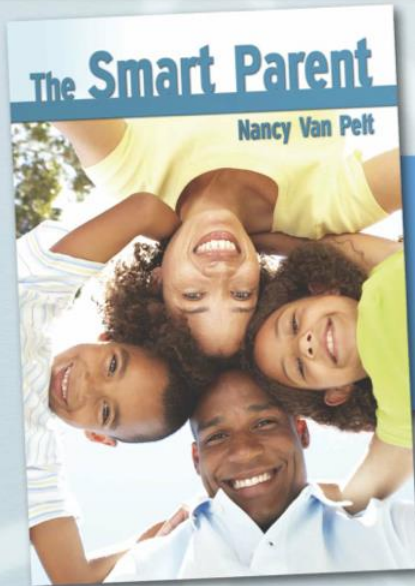


The Smart Parent

- We all like to be smart about our decisions and knowing how to best bring up our children is one of the most important.
- In her new book, ***The Smart Parent***, Nancy Van Pelt presents the latest research and studies that will help us be better equipped to be smart parents.
- A practical and up-dated book that will help parents find clues on how to become successful, happy parents in today's society.
- If you want to become a *smart parent*, and *feel happier* and more in control of yourself and your family, then try the guidelines presented in this book.



The Smart Parent



Parenting Books



The Smart Parent

No one ever said parenting was easy, but it's never too late to start making positive improvements. **The Smart Parent** presents strategies for growing great kids.

We all like to be smart about our decisions and knowing how best to bring up our children is one of the most important.

In her new book, **The Smart Parent**, Nancy Van Pelt presents the latest research and studies that will help us be better equipped to be smart parents.

In her book Nancy Van Pelt, an author of forty-two books on the subject, a certified family life educator and a grandmother with three grown children of her own, is showing parents how to get your children to become responsible, well-rounded, Christian young people who can safely make their own way in life. And she identifies some common principles that S-M-A-R-T parents follow.

Series: Parenting Books
176pp Hardback
Nancy Van Pelt

In the ten chapters of her book, Nancy Van Pelt presents:

- Strategies to help your child feel like somebody
- Secrets for getting obedience
- Tips for raising kids with character
- Living with teenagers
- High-risk behaviours
- How to give your child a head start
- An insight to remodelled families
- God's plan for smart families.

A practical and updated book that will help parents to find clues on how to become successful, happy parents in today's society.

If you want to become a smart parent, and feel happier and more in control of yourself and your family, then try the guidelines presented in this book.

You can now have your own Super Nanny at home 24/7.

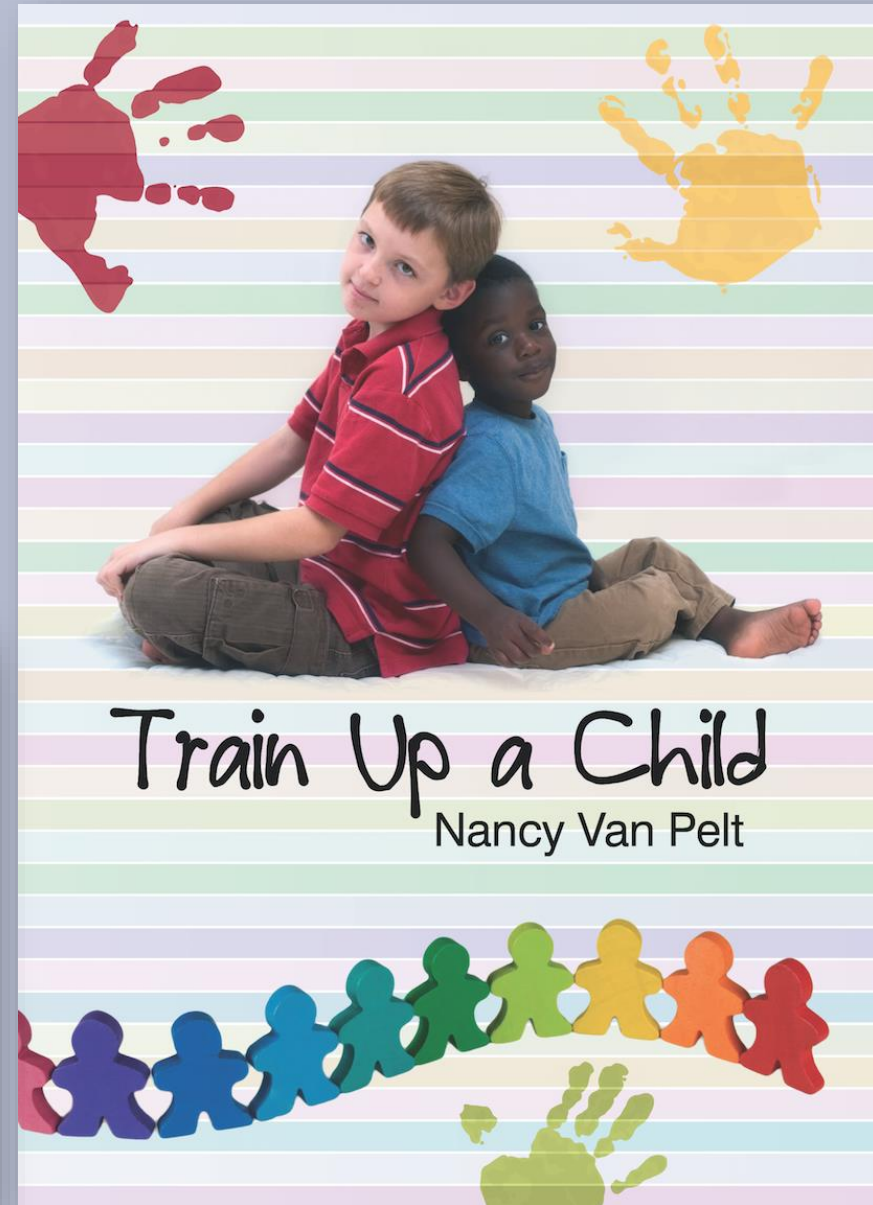
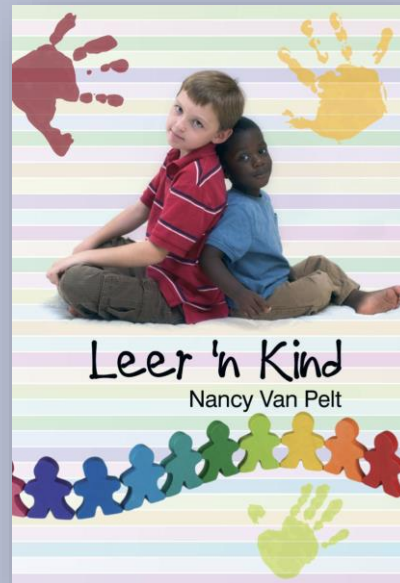


The Smart Parent by Nancy Van Pelt

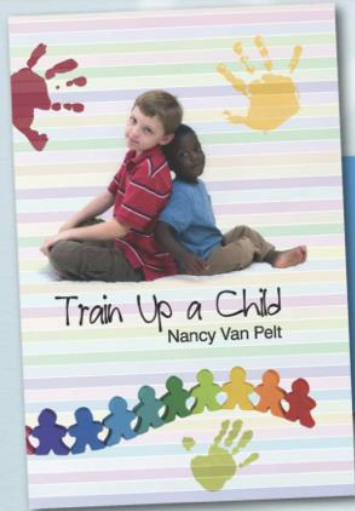
Train Up a Child

This comprehensive guide to good parenting presents a wealth of insights and ideas for creating healthy, confident people.

It is never too late to start making positive improvements.



Train Up a Child



Parenting Books

Train Up a Child

No one ever said parenting was easy, but it's never too late to start making positive improvements.

Train Up a Child is a comprehensive guide to good parenting and in it you will discover a wealth of insights and ideas for creating healthy, confident people.

The 13 chapters of **Train Up a Child** form a complete eight-week parent education programme that will help you improve your parenting skills and enrich your relationship with your child (see pages 5 & 6).

The information and principles contained in these chapters give parents the tools they need to develop techniques that will work for them in their home with their children.

Train Up a Child teaches:

- Are you a good parent? Are you really successful in dealing with the problems that arise daily? Find out with the fun test included at the beginning of the book.

Series: Parenting Books
246pp Hardback
Nancy Van Pelt

- Provides easy-to-learn, easy-to-use methods of effective discipline.
- Emphasises the importance of training during the first years of life.
- Insists that self-respect becomes the determining factor between success and failure in life.
- Presents the essentials of character building.
- Teaches how to effectively communicate with and discipline children of all ages.
- Parental intervention in drug prevention.
- Gives ideas for keeping your family happy.
- The role of the father and the mother.
- Chapter 12 presents the challenges and the opportunities we can have in today's society where we find working mums, single or step-parents, and so on.
- How to keep the family together and re-create family harmony.

This book is the product of the thought and work of many experts in the field of parenting and education, upon whose experience and clinical research the author, Nancy Van Pelt, has drawn.

Nancy assures that 'Although I cannot offer ready-made answers for every parent, nothing is more practical than the attitudes and principles you will explore in this book.'

With the help of practical and easy tests at the end of each chapter many of you will undoubtedly say to yourself, 'I wish I had had this information years ago!'

Never before has the family structure been in such peril. Indeed, no one ever said parenting was easy. Times are changing and, although most of us have received absolutely no training in parenting, we do a remarkable job.

Parent, **Train Up a Child** will help you keep your courage.

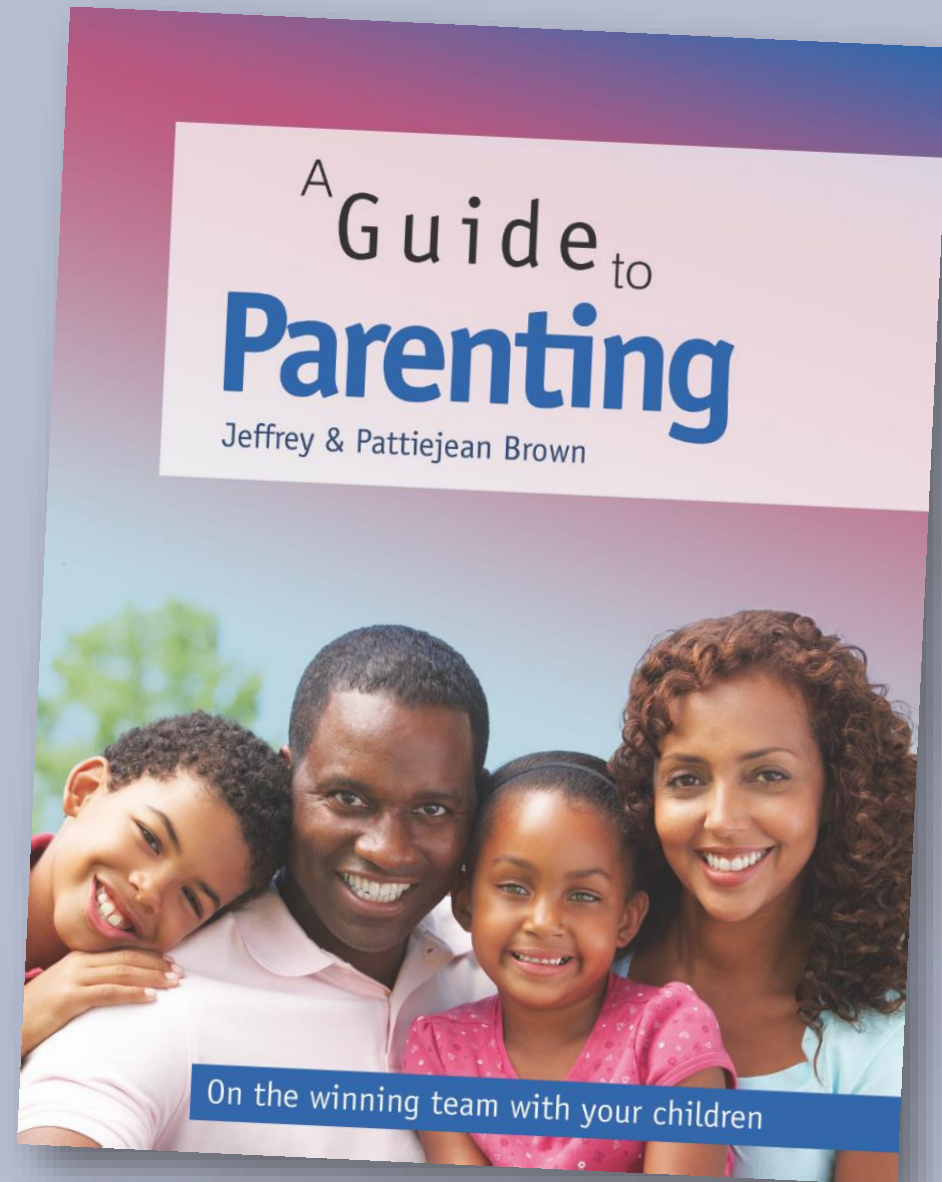
Producing a child does not require a test or a licence. Let the book be your teacher and follow the **Train Up a Child** Study Programme, because although perfection in parenting is an unattainable goal, improvement is realistic and it is never too late to start making improvements!



A Guide to Parenting

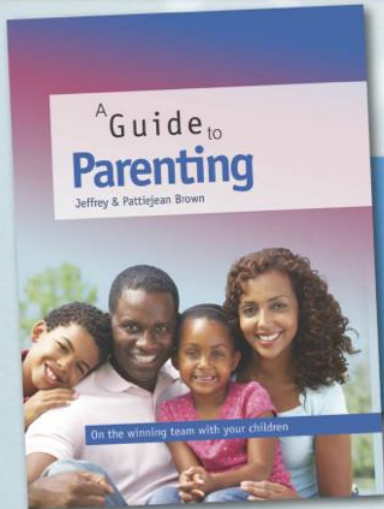
This book is for children, young people, and the parents, pastors and teachers who love them.

Be on the winning team with your children after exploring subjects such as entertainment, education, discipline, abuse, sexuality, grief, service and family time.



A Guide to Parenting by Jeffrey & Pattiejean Brown

A Guide to Parenting



Parenting Books

A Guide to Parenting

This book is for children, young people, and the parents, pastors and teachers who love them.

Do you feel sometimes you're losing the battle? Do you feel sometimes that you have actually lost?

Your loss may be a relationship that went badly wrong, regret over an action you took or failed to take, an argument with your son or daughter, memories of a child who has left home, or the painful journey of bereavement.

Family specialists Jeffrey and Pattiejean Brown want you to know that no matter what your experience might be, you can be more than conquerors. In spite of your loss, you can still be on the winning team with your children.

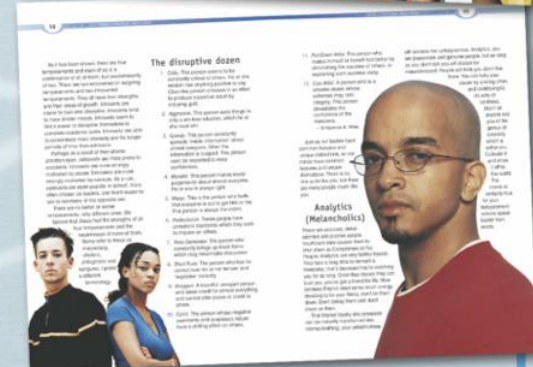
Series: Parenting Books
173pp Hardback
Jeffrey and Pattiejean Brown

A Guide to Parenting is a hardback, 173-page, full-colour book that covers:

- Love and discipline
- Schooling
- Mentors
- Abuse: from bullying at school through to all sorts of sexual abuse (including rape)
- The death of a child
- Things that matter – and things that *really* matter
- Understanding male sexuality
- Understanding female sexuality
- Motherhood
- Signs of success in parenting.



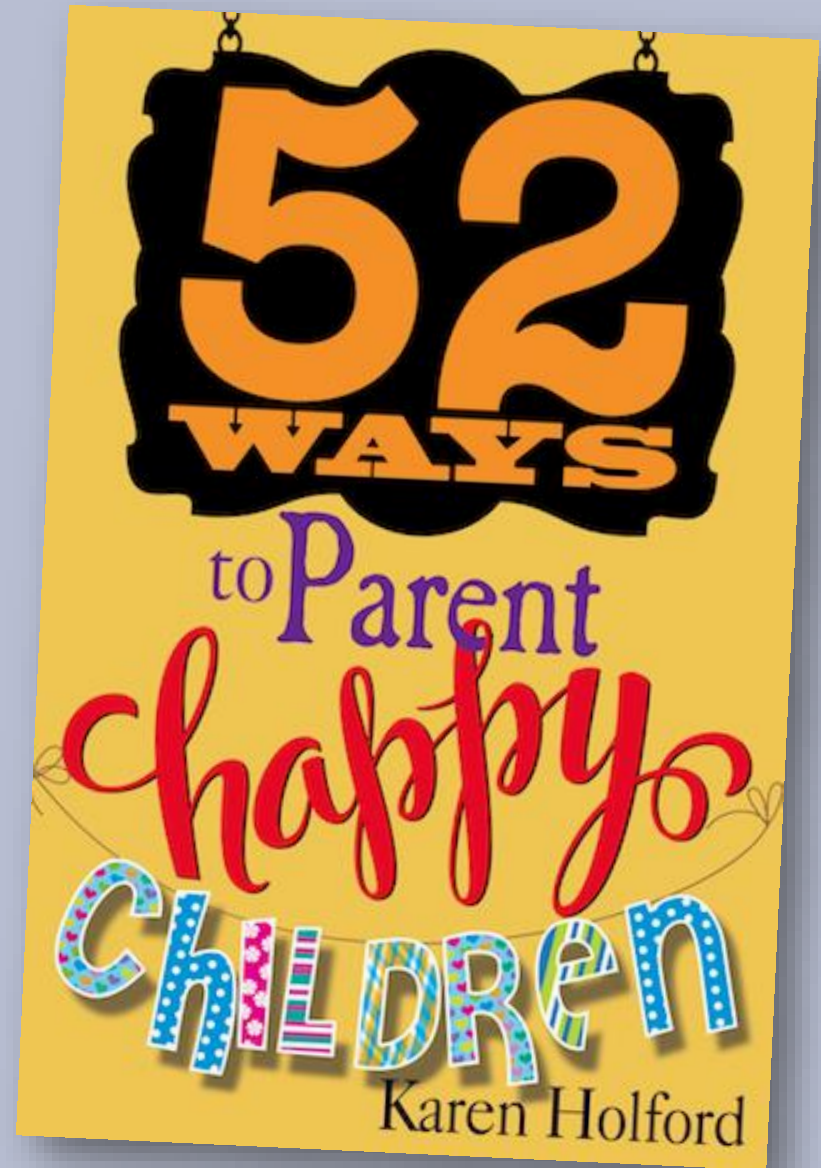
Be on the winning team with your children after following the advice **A Guide to Parenting** presents about subjects such as entertainment, education, discipline, abuse, sexuality, grief, service and family time.



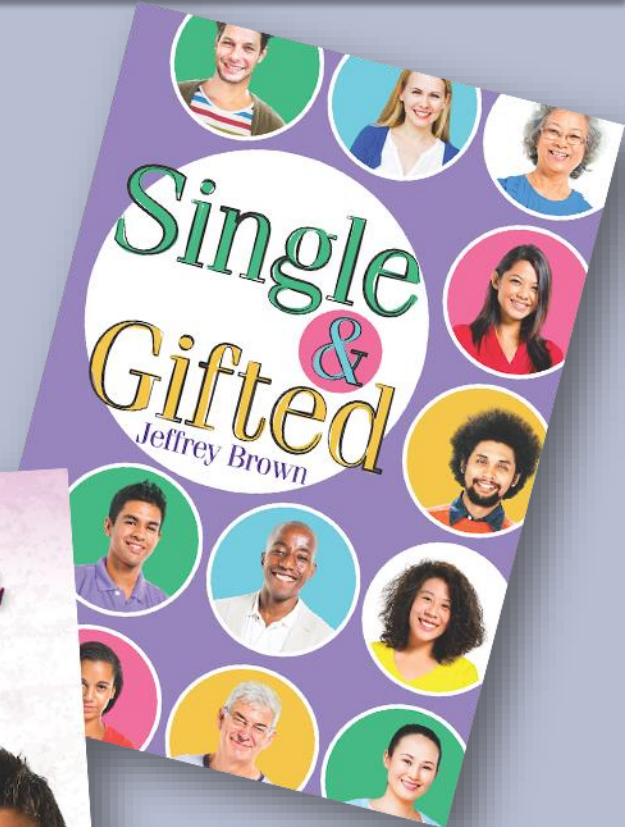
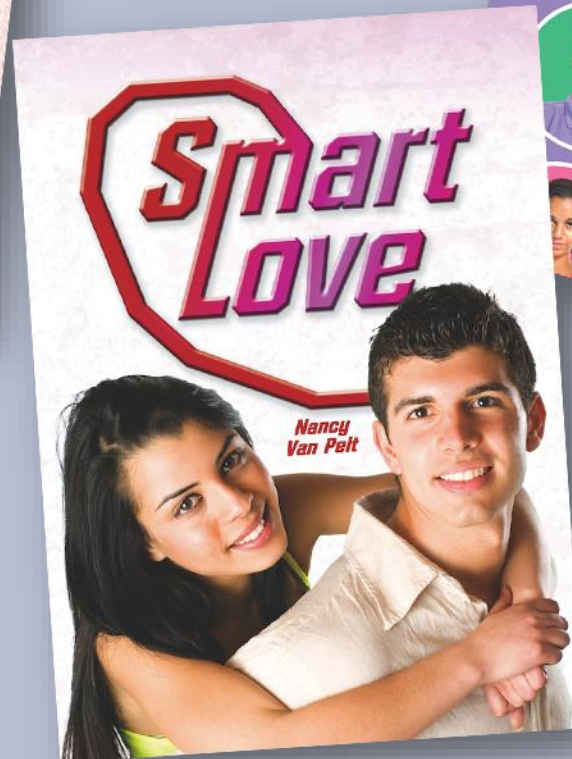
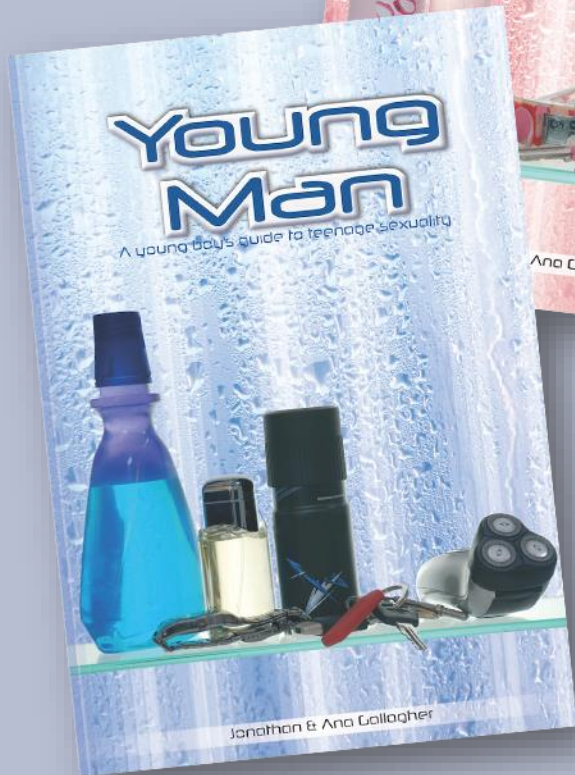
A Guide to Parenting by Jeffrey & Pattiejean Brown

52 Ways to Parent Happy Children

- Karen Holford is an experienced family therapist and in her latest book she imparts a fun-filled, yet practical and insightful guide on raising your children in a happy home.
- An essential read for new, and experienced parents alike...especially those who are in a hurry!

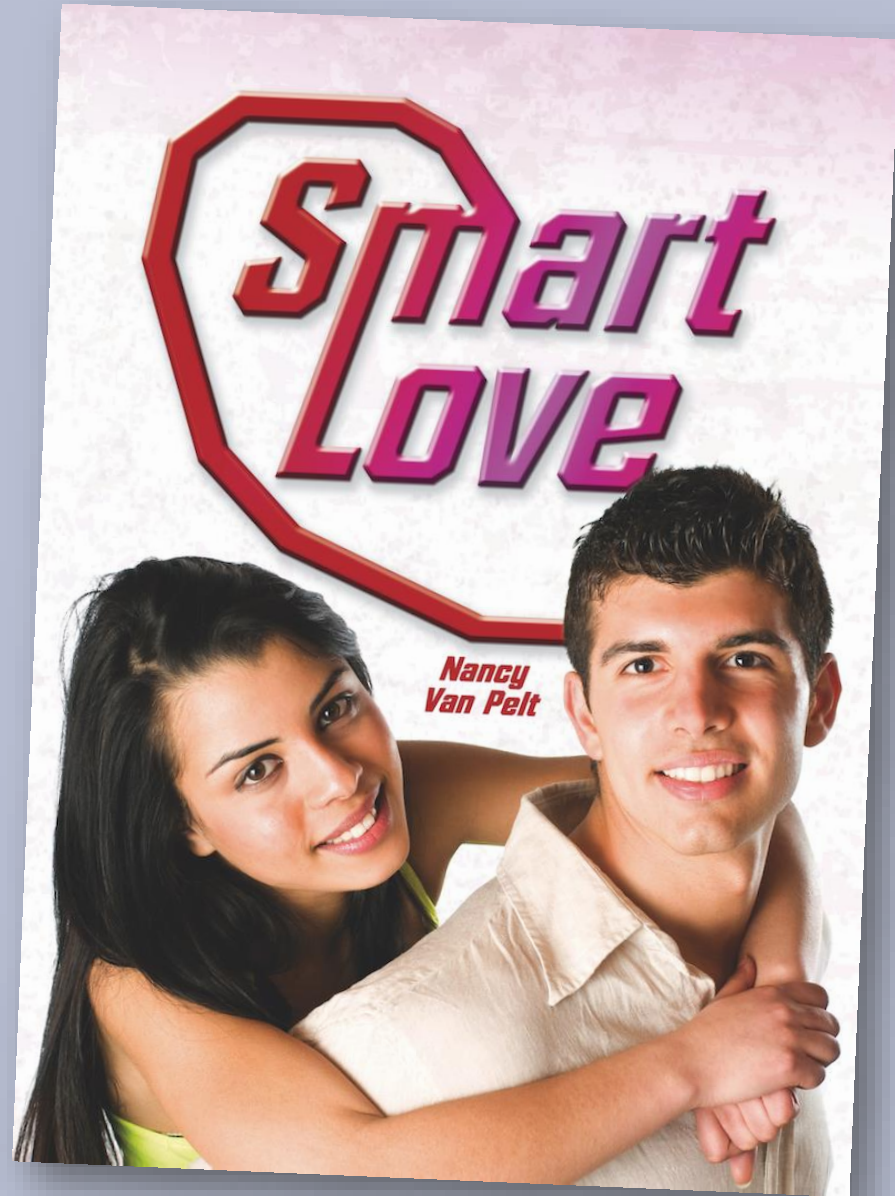


Young Adults

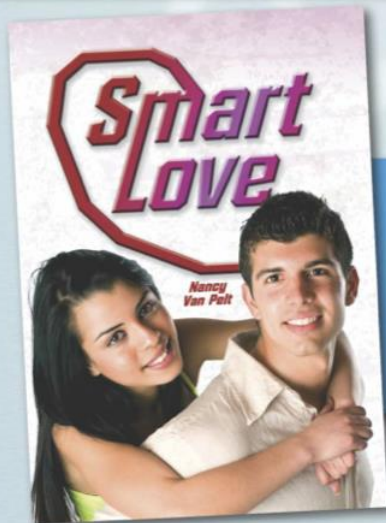


Smart Love

- Straight talk to young adults about dating, love and sex.
- Smart dating requires more than just cash, cars and clothes...
- Find out lot of finer points to learn so can handle the pressure.
- *Smart Love is a practical book for our youth. A “dating for beginners” guide.*



Smart Love



Young Adults

Smart Love

- Straight talk to young adults about dating, love and sex.
- Smart dating requires more than just cash, cars and clothes.
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Series: Young Adults
204pp Hardback
Nancy Van Pelt

Smart Love is a practical book for our youth. A 'dating for beginners' guide.

With **Smart Love** we can learn:

- How to love ourselves
- Be the best 'Me' I can be
- Great dates – Where to go and what to do
- Saying goodbye with class
- Letting go: Facing life without you
- True love or infatuation? How to tell the difference
- Pressure – How far do we go?
- Why wait?
- Fifteen benefits of sexual abstinence before marriage
- Tough topics
- A choice to be proud of.

Please do not think that your teen is too young or innocent to learn the facts of life. Capture the right opportunity to reach and prepare your young adults for the challenges ahead.

This book is designed to assist you. If you miss it, you may never again have another chance!

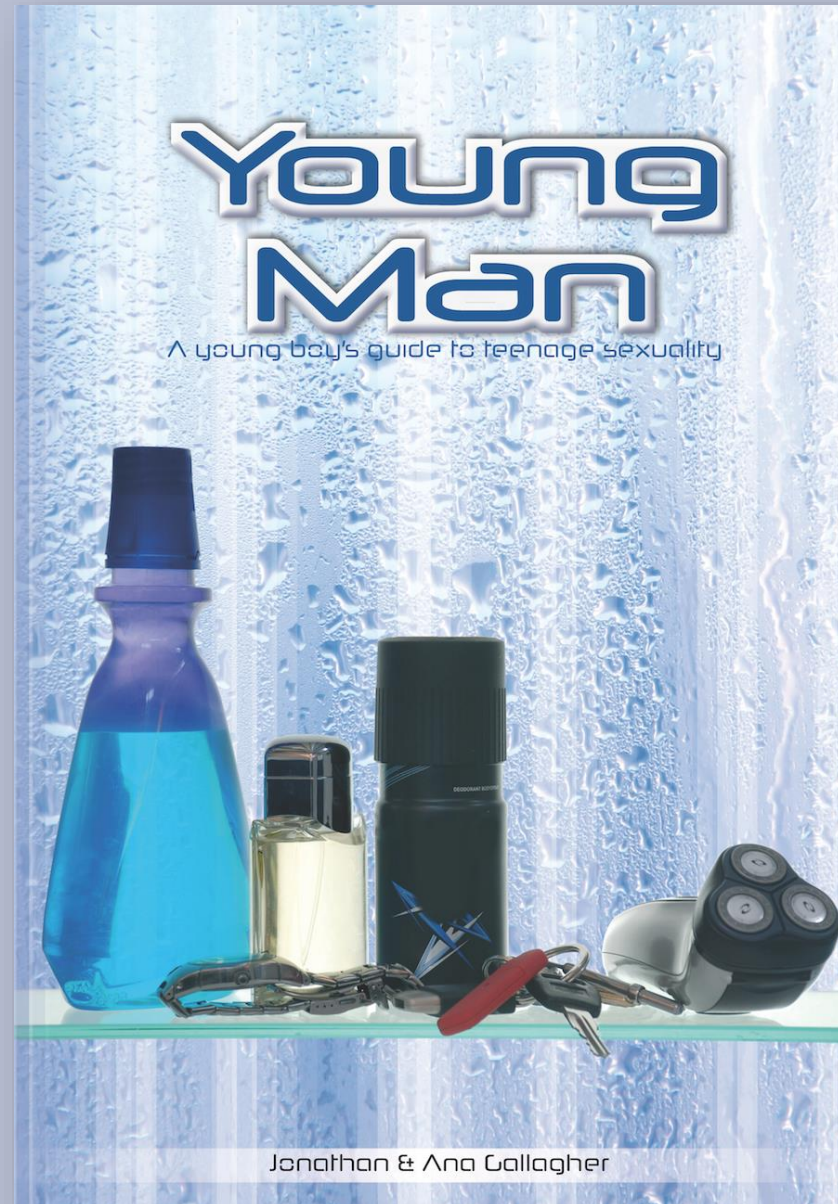


Young Man

Growing up as a male is not easy today.

Young Man is a young boy's guide to teenage sexuality and other "growing pains".

Excellent for boys and fathers too.



Young Woman

What is the truth about sex, and how should teenagers relate to the issues of sex and sexuality?

What about sex before marriage? What are the risks? How is God involved?



Young Man & Young Woman



Young Adults

Young Man, Young Woman

Sex is all around – in the media, in advertising, in the very language and thoughts of modern society. So what is the Christian response? What is the truth about sex, and how should Christian teenagers relate to the issues of sex and sexuality?

Issues like:

- How do I choose?
- What about sex before marriage?
- What are the risks?
- What are the rights and wrongs?
- How is God involved?

Series: Young Adults
176pp Hardback
Jonathan and Ana Gallagher

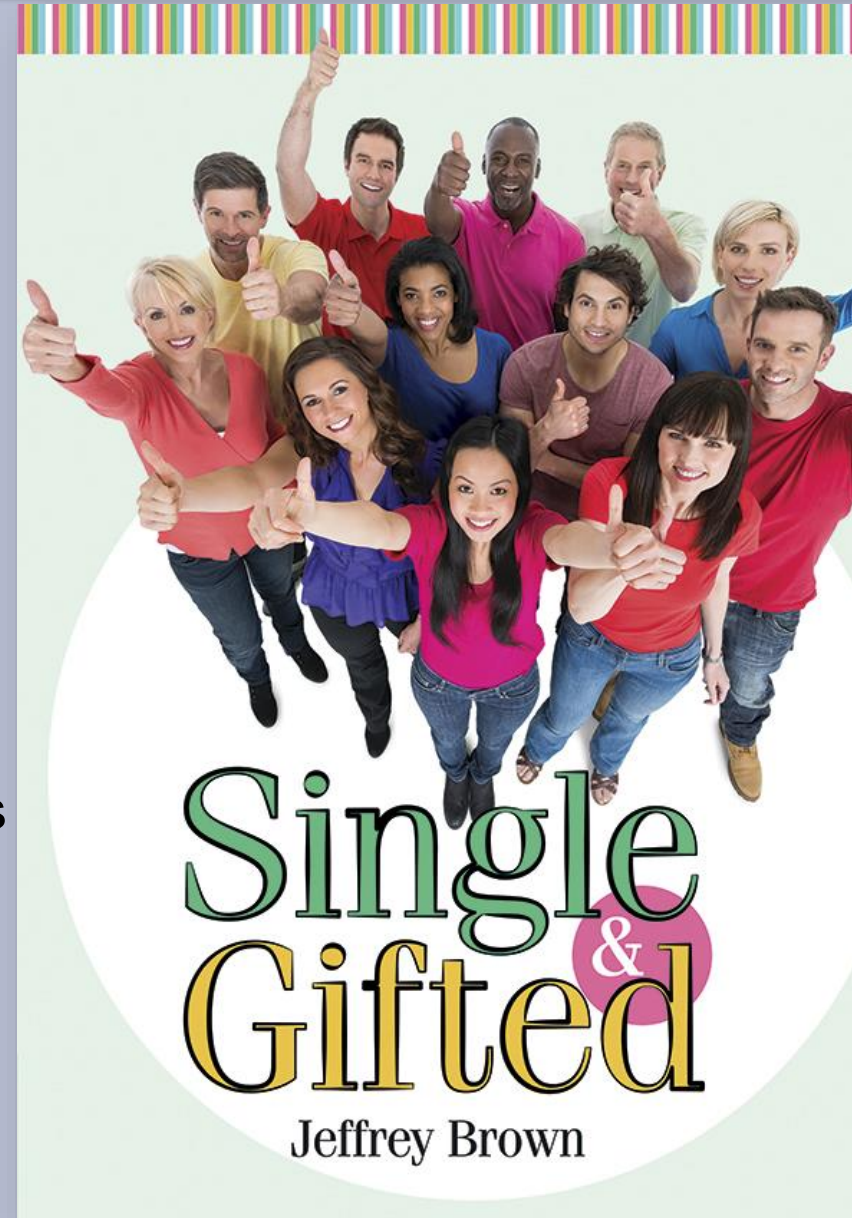
In these books Jonathan and Ana Gallagher deal frankly with questions of teenage sexuality. They have considerable experience in teenage, family and marriage counselling and Jonathan Gallagher is widely known for his stimulating seminars and lectures on sexuality in teenage years.



Young Man & Young Woman by Jonathan & Ana Gallagher

Single & Gifted

- How to survive as a single – and turn singleness to your advantage.
- Hope for those desperately seeking someone.
- How to cope with being alone – and with the crisis of marital separation.
- Sex and the single person. Surviving as a single parent.
- How to tell love from infatuation.



Single & Gifted

reality of the woman at home on a Paisley council estate looking after her kid. Yet what they decided has a huge amount of influence.'

Good luck?

Some time ago a cartoon appeared in a national newspaper of a frustrated motorist trying to cross a busy intersection. Horns were honking, engines were revving, tempers were flaring, and arms were waving. The poor man looked hopefully towards the traffic signal for him to cross and he couldn't believe his eyes. The signal didn't say 'Walk.' It didn't say, 'Don't Walk.' Instead it said, 'Good Luck.'

The Bible talks about people, so-called guides, whose message, when all is said and done, is just 'Good Luck.' The Bible calls them 'broken cisterns'.

Broken cisterns

Hollywood has not improved the Holy Word. In fact, we have been terribly let down by the so-called 'experts'. The Bible says, 'My people have committed two evils; they have forsaken me the fountain of living



waters, and hewed them out cisterns, broken cisterns, that hold no water' (Jeremiah 2:13, KJV). If the truth be told, so many of the counsels that we hear today are from people whose own lives are a mess – broken cisterns, broken water pots that can hold no water. Listen to some of these broken cisterns.

Ronald Mazur wrote – in his book *Commonsense Sex* – that the problem we face in relationships is never 'to bed or not to bed' but 'to become or not to become'. Mazur would have us believe that premarital sex is a key element of personal growth. He says, 'Today chastity means acting with integrity. Either a virgin or a non-virgin ought to be chaste – this is the essence of the single standard of sexual behaviour – so that if the path of "going all the way" is chosen, we will not end in a dark pit of remorse, but will discover a highlight in the fascinating journey of becoming.'

The O'Neills wrote the book *Open Marriage*, advising couples to open themselves up to other couples – if you had a secure relationship, you could only benefit by someone else's husband admiring your wife and someone else's wife being attentive to your husband.

David Sammons, a divorced minister

living with his girlfriend, wrote a book called *Marriage Option*. He advocated alternative lifestyles such as those suggested by renowned sociologist Margaret Mead, saying:

'Margaret Mead has suggested that rather than do away with marriage conceived of as primarily a one-to-one relationship, we should break it up into a series, since the needs we have as spouses vary as we progress through life. One's first marriage would be for learning about sex and romance. In between one's early and late marriages would be marriage for the conception of children and the raising of families. Finally, late in life would come marriage for companionship.'

Dr Mead was not reluctant to follow out at least part of this model in her own life.

Then there's the famous Fritz Peris. Dr Fritz Peris' credo hangs on the waiting room walls of hundreds of psychotherapists, presumably to help the love lives of their patients:

*I do my thing, and you do your thing,
I am not in this world to live up to your
expectations. And you are not in
this world to live up to mine. You
are you and I am I, And if by chance we
find each other, it's beautiful.
If not, it can't be helped.*

Waiting to exhale 1

Alan Loy McGinnis, in *The Romance Factor*, addresses the philosophy of Fritz Peris: 'Such an idiosyncratic way of living has its attractions, but adherents of that philosophy should at least refrain from marrying and bearing children. Peris' wife and two children, whom he abandoned, did not feel that they benefited from his egocentrism.'

Dressed-up living, messed-up lives

These so-called experts have promised us fulfilment and growth and all we've got from them are confused children, problem parents, messed-up marriages and sorry singles. Ronald Clapp wrote an article in *Christianity Today* in which he attests that the advertising industry, movies, novels, and television shows have realized their financial aspirations through their misuse of the word love. Taking advantage of the word love, so they get the money and we

get the misery. He called his article, 'What Hollywood doesn't know about romantic love.' So I say, move over Hollywood, let's give God's Holy Word a chance.

Single & Gifted

No one like me

Og Mandino said, 'Since the beginning of time never has there been another with my mind, my heart, my eyes, my ears, my hands, my hair, my mouth. None that came before, none that lives today, and none that comes tomorrow can walk and talk and

move and think exactly like me. All men are my brothers yet I am different from each. I am a unique creature. No one can duplicate my brushstrokes, none can make my chisel marks, none can duplicate my handwriting, and

none can produce my child. I am different from all the others, and proud of the differences. I am a unique creature of nature. I am rare, and there is value in all rarity; therefore I am valuable.'

Don't try to fill anyone else's shoes. With God and

the Bible as your standard, put your own spin on life. We need it. We need you. The world needs *your* brand of love, *your* sort of personality, *your* type of humour. The world needs to see life wearing *your* clothes, seen through *your* lenses. It's *your* web page we need to see. We need your smile, your warmth. We may not always appreciate you – but we're telling you now. We love you and we need you. Don't deprive us. Don't give up on us. Don't give up on life.

Pala Webber says in the book, *Profiles of Service*, 'With God on my side, I don't believe in giving up until the task is done.' You need others and others need you. As the mouse said to the elephant as they walked across the bridge, 'My, didn't we shake the bridge.'

Alone – Really?

I am alone

I don't have a partner like so many of my friends

I don't have as good a personality as that guy

I am not as good as that girl

I used to be married; I've never been married

I'm a woman, I'm black, I'm Hispanic

I'm physically-challenged

What have I got to give?

I've got so much to give

I am already giving so much

I'm different, but I'm special

I love me for who I am

I have family members who love me

I have people who like my company

I can develop friendships with older people, younger people

I am not really alone

Getting beyond the myths of singleness

Myth 1: Singles are immature. We tend to see marriage and children as the true benchmarks of maturity. Regardless of actual age, single women may be referred to as 'girls'. Single men may be dismissed as fun-loving or too self-centred to get on with life.

Myth 2: Singles are incomplete. Because humans are social beings who seek relationships, love and a way to express their sexuality, we think married people are normal and single people are, perhaps, uh . . . abnormal.

Myth 3: Singles are unstable. Because the myth of restlessness persists, it is difficult for many singles to get jobs, obtain credit, buy a home, be taken seriously in their careers, earn equal pay, be considered for promotions, or adopt children.

Myth 4: Singles are damaged. If people never marry, we wonder what is wrong with them. If they divorce or separate, we wonder what is wrong with them. If their partner dies and they don't remarry, we wonder what is wrong with them.

Myth 5: Singles are dangerous. Few couples are 100% secure in their marriage. When singles arrive, married people's internal radar systems may start flashing. They may wonder: is this innocent friendship or subtle flirtation? Is it safe to socialize? What if singles are homosexual – should we hold them at arm's length and deny them contact with children?

Tired of being alone 2

Myth 6: Singles are inconsequential.

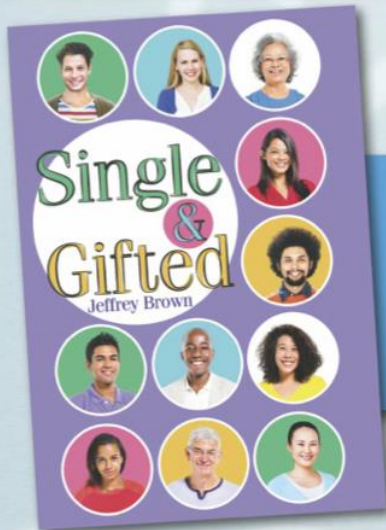
Some people think numbers are truth. With numbers they define who is important and who is not. Fifty-one per cent may matter, but five per cent probably doesn't. Singles are marginal in society's 'big picture'.

Myth 7: Singles are unacceptable. For all these reasons singles may feel unacceptable. An exception is made if you are single and under 25: young singles may feel anxious, but they are OK if their singleness is clearly temporary.

Kit Watts (adapted)



Hardback



Young Adults



Single & Gifted

Make the most of your singleness . . .

Do you feel sometimes you're losing the battle? Do you feel sometimes that you have actually lost?

Single & Gifted is a practical and down-to-earth book that presents issues and situations that many people face today.

The author, Dr Jeffrey Brown, conducts relationship seminars for singles. He has pastoral and teaching experience and has lectured on the '**Single & Gifted**' theme in Africa, North America and Britain. He is an ordained minister and qualified counsellor.

Series: Young Adults
192pp Hardback
Jeffrey Brown

Single & Gifted is a hardback, 192-page, full-colour book that will give you some useful pointers on:

- How to survive as a single – and turn singleness to your advantage.
- Hope for those desperately seeking someone.
- How to cope with being alone – and with the crisis of marital separation.
- Sex and the single person.
- Are you married but still single in some way?
- Surviving as a single parent.
- How to tell love from infatuation.
- The phases of mourning after the death of someone special.
- God knows your deepest longings.



Many people are in this situation today: smart, attractive, educated – and alone. . . . But is singleness a tragic wreck or a tremendous resource? Find out in this practical and insightful book.



Single & Gifted by Jeffrey Brown



Essential Home Library

Spiritual Wellbeing

Daniel reveals the future

Robert J. Wieland

Revelation of things to come

Robert J. Wieland

WHAT THE BIBLE SAYS ABOUT

Do you have questions about
God and faith, life and death,
the present and the future?
The Bible provides reliable,
credible answers.

MARK A. FINLEY

God can... *when you cannot*

Thoughts and prayers by ordinary women

Your Bible & You

More than 2 million in print

A. S. Maxwell



FAMILY
BIBLE

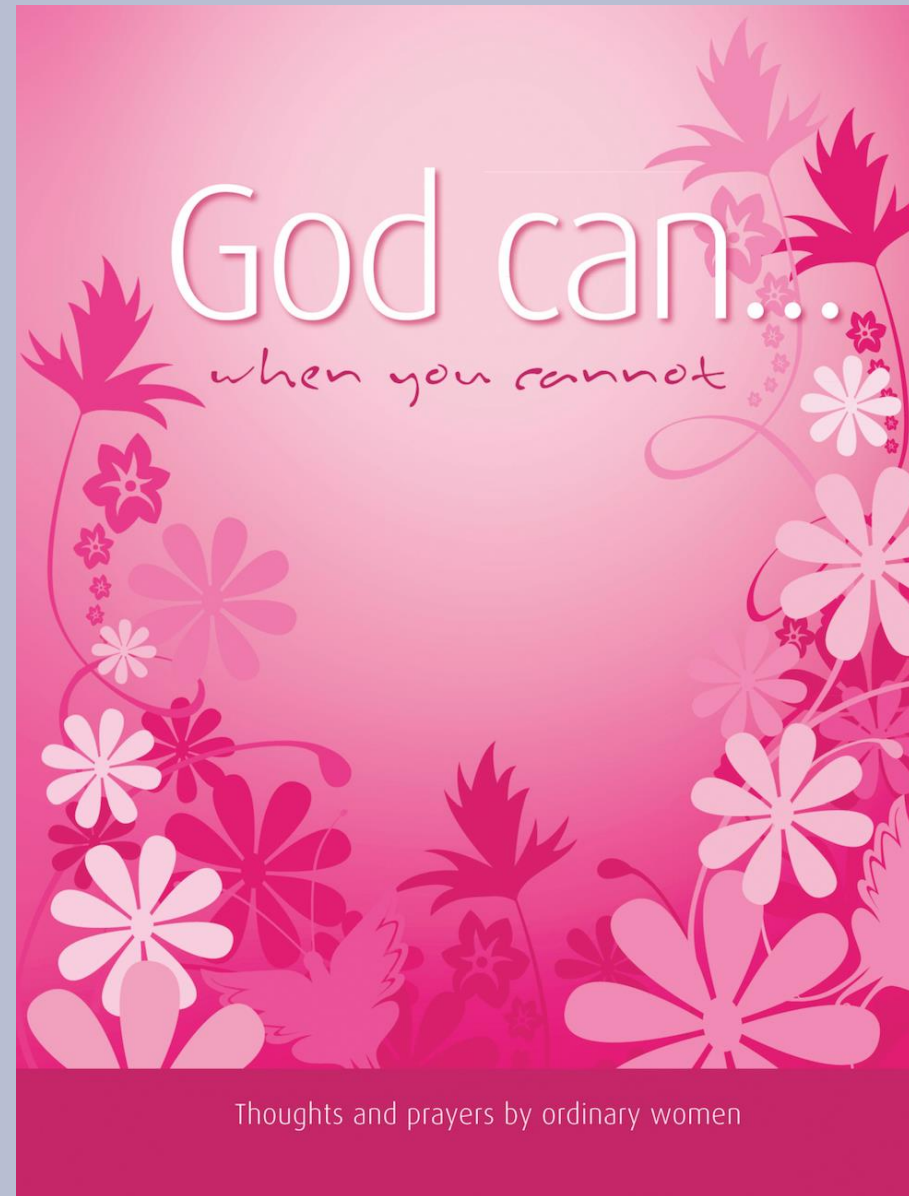
ENCOUNTERING GOD'S GRACE

365

Life-changing stories
From Around the World

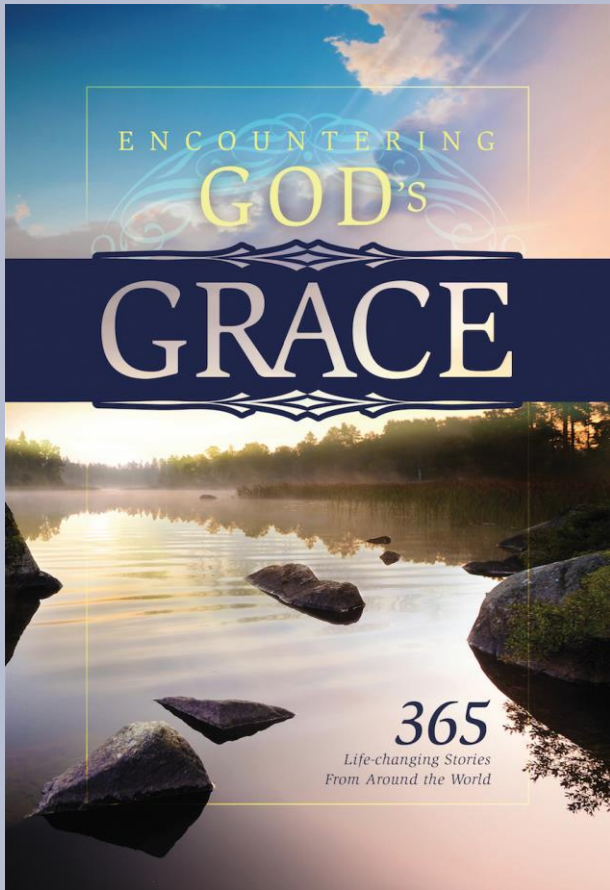
God Can... When You Cannot

- Thoughts and prayers by ordinary women for everyone.
- Practical diary and devotional book that will allow everyone to write down God's blessings for each day.
- Underprivileged women are supported by the sale of this book.

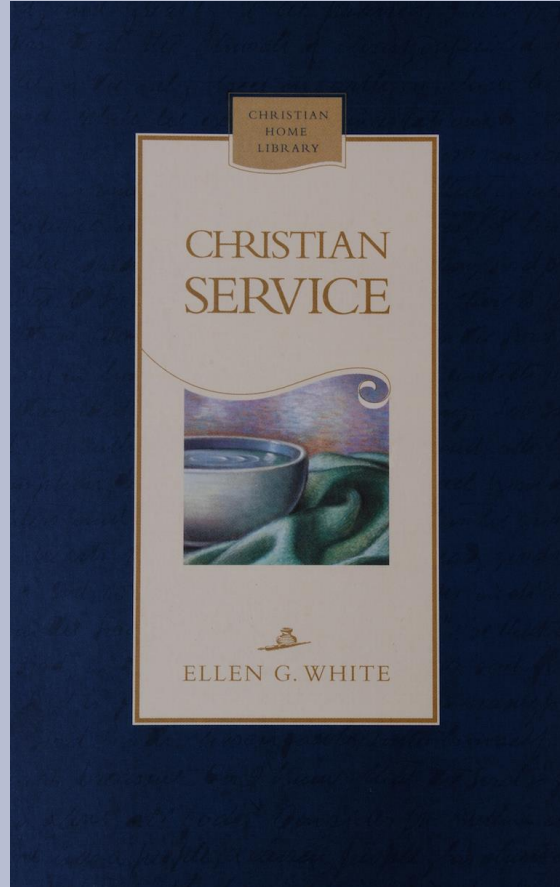


Hardback

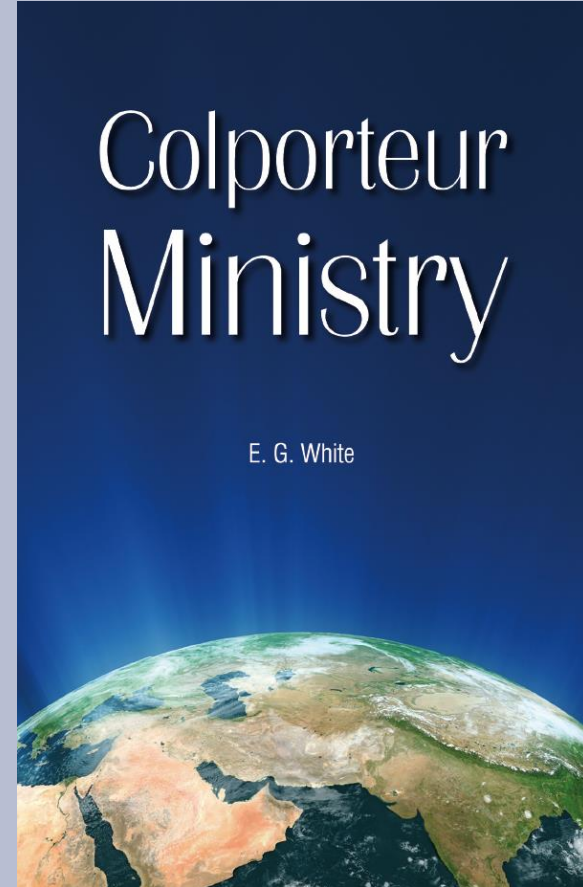
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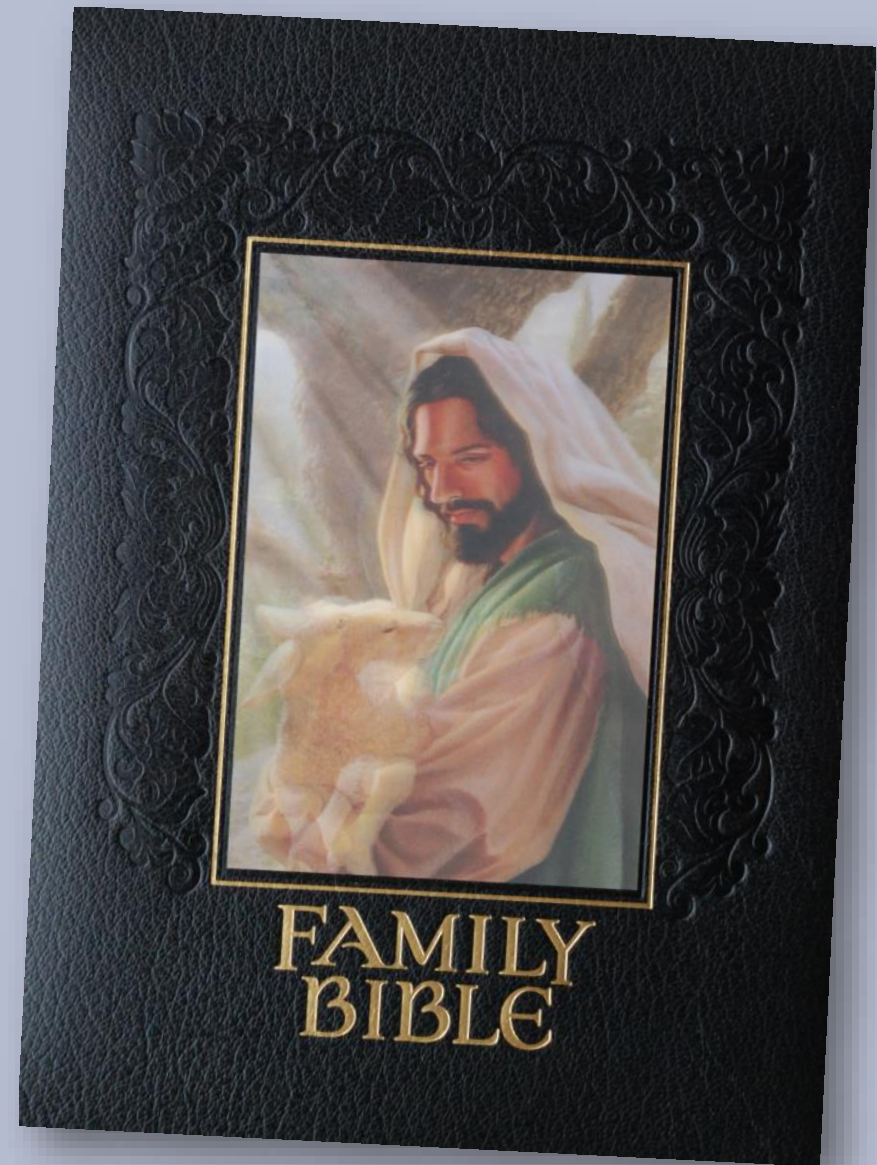
New Devotional with stories from LEs from around the world

The Keepsake Family Bible

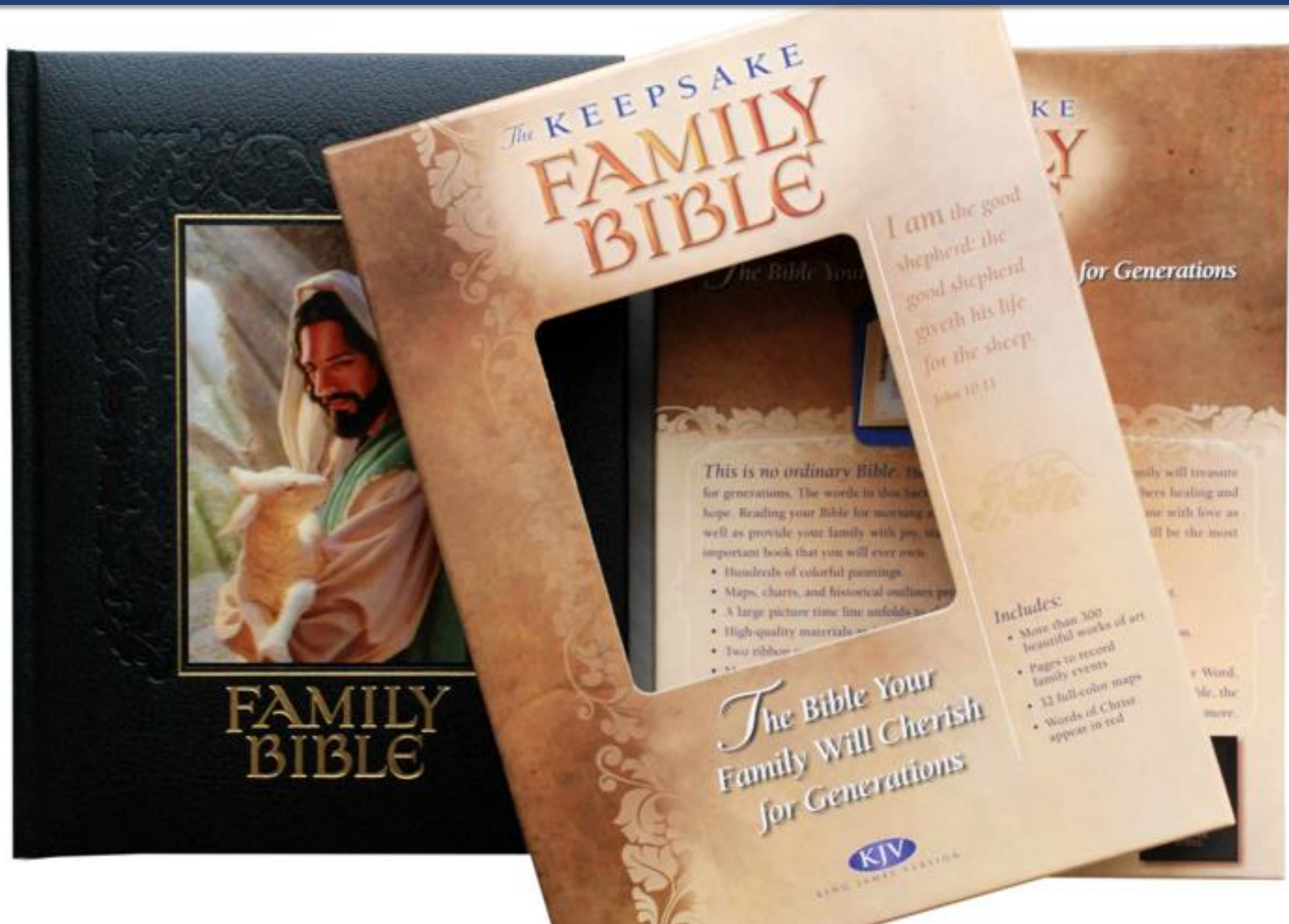
The *Keepsake Family Bible* is a unique and special Bible that will be cherished by all members of the family.

It includes:

- 300 works of art;
- Pages to record family events
- 1200 internal references;
- 32 full colour maps;
- A full prophecy pull out chart;
- Outline and historical introduction of each book of the Bible
- Chronology of the Old Testament
- Harmony of the Gospels
- Annual Bible reading plan
- Miracles of Jesus
- Parables of Jesus



The Keepsake Family Bible



The KEEPSAKE FAMILY BIBLE

The Bible Your

*I am the good
shepherd; the
good shepherd
giveth his life
for the sheep.
John 10:11*

for Generations

*This is no ordinary Bible. It is
for generations. The words in this book
hope. Reading your Bible for morning
well as provide your family with joy, this
important book that you will ever own.*

- Hundreds of colorful paintings
- Maps, charts, and historical outlines
- A large picture time-line unfolds
- High-quality materials
- Two ribbons
- ...

*The Bible Your
Family Will Cherish
for Generations*

KJV

KING JAMES VERSION

Includes:

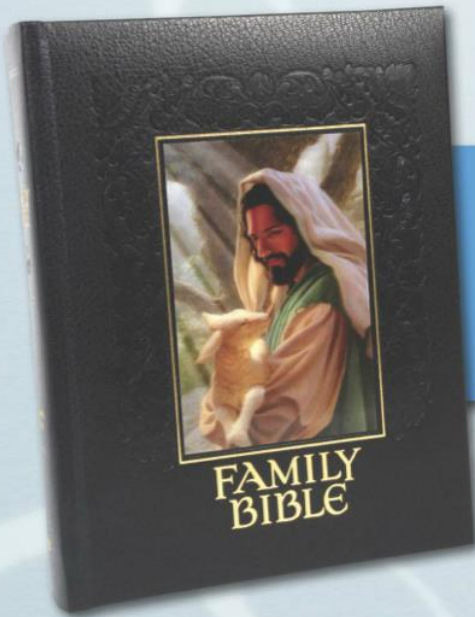
- More than 300
beautiful works of art
- Pages to record
family events
- 32 full-color maps
- Words of Christ
appear in red

*family will treasure
these healing and
me with love as
will be the most*

*Word,
He, the
more.*

The Keepsake Family Bible

Spiritual Wellbeing



The Keepsake Family Bible

The Keepsake Family Bible is a unique and special Bible that will be cherished by all members of the family for generations. From scholars to new believers, everyone can now discover and learn more and more about God and His people throughout the ages.



Series: Spiritual Wellbeing
Leather bound
King James Version

The Keepsake Family Bible includes:

- Dedication page
- Pages to record family events: weddings, births, baptisms, genealogy trees . . .
- 300 works of art
- 1,200 internal references
- Outline and historical introduction of each book of the Bible
- 27 Bible study helps with questions and answers
- Chronology of the Old Testament
- Harmony of the Gospels
- Annual Bible reading plan
- Miracles of Jesus
- Parables of Jesus
- 32 full-colour maps
- A full prophecy pull-out chart.



The Keepsake Family Bible is a study Bible for every member of the family. Do not miss this opportunity to study the wonderful words of the Lord and the message of hope for His people.



The Keepsake Family Bible

Le merveilleux plan de Dieu pour toi et pour ta famille

1. NOUS NE SOMMES JAMAIS SEULS

LES HABITANTS de ce monde sont de plus en plus nombreux, et cependant il en est des millions de toute condition sociale qui se sentent seuls. Les difficultés économiques, la maladie, les conflits familiaux, la guerre, le terrorisme et mille autres calamités nous font redouter l'avenir. Mais ne craignez pas, cette première étude vous aidera à vivre avec espoir.

Commençons par le commencement

Quand avez-vous pris conscience de votre propre existence ? Vous vous êtes sûrement déjà demandé : « Qui suis-je ? »

« Qu'est-ce que je fais ici ? »

Un enfant de huit ans allait au marché avec sa tante quand il lui posa la question importante :

— D'où est-ce que suis venu ?

— Nous t'avons trouvé dans les choux.

Mais plus tard cet enfant entend une version différente : ce sont les cigognes qui apportent les bébés.

Quelques mois passent. À l'école, à la télévision, en entendant des conversations, il se rend compte que les cigognes n'y sont pour rien. Mais parmi ses ancêtres, il a un singe. L'animal a changé ! Telle est peut-être l'origine du sentiment de découragement et de solitude qui affecte tant de gens aujourd'hui. Si nous sommes sur terre par simple hasard, ceci signifie qu'il n'y a personne à qui aller lorsque nous assaillent les doutes, les problèmes ou la maladie. Personne à qui demander aide ou conseil.

Une théorie ingénieuse, mais...

Les adultes ne disent pas la vérité aux enfants en leur parlant de choux et de cigognes.

Nous pouvons donc nous demander : La théorie si bien ébauchée que certains présentent d'un ton dogmatique et selon laquelle nous avons évolué à partir de mollusques, reptiles et singes, pour ensuite vivre cette brève existence et finir en poussière dans une tombe, est-elle conforme à la réalité ?

Arthur Keith, le paléo-anthropologue britannique bien connu, était sincère en affirmant : « L'évolution n'est pas prouvée et on ne peut pas la prouver. Nous y croyons seulement parce que la seule autre solution est la création spéciale, dont on ne peut pas tenir compte. »

Rémy Chauvin, docteur ès sciences (Sorbonne), dans son ouvrage *Le darwinisme ou la mort d'un mythe*, dont le titre est toute une déclaration de principe, déclare catégoriquement que les axiomes darwinistes sont indémonstrables.

D'autre part, le biologiste Pierre P. Grassé, ancien président de l'Académie des Sciences, écrit dans *L'évolution du vivant* :

« Nous constatons, non sans surprise, que les théories qui expliquent actuellement l'évolution reposent sur les mêmes

principes que celles du passé. Pourtant, elles ne peuvent pas amoindrir les prétentions de leurs partisans. Au contraire, et de nombreux biologistes anglo-saxons, que des biologistes français, écrivent sans aucune hésitation que le mécanisme de l'évolution est connu sans aucune certitude ; telle est leur foi en la doctrine. »

Et Michael Behe, professeur à Lehigh University dans *Darwin's Black Box* (la boîte noire de Darwin), dit : « Le résultat des efforts accumulés pour examiner la structure moléculaire représente une clameur puissante en faveur de "Desssein" ! »

Vous voyez bien, au fond, que la croyance en la théorie de l'évolution (il s'agit bien d'une théorie, et non d'un fait) est comme certains l'avancent) est une question de foi. C'est une question de foi, comme nous ne pouvons pas croire en un singe parmi nos ancêtres ni être le résultat du hasard. L'évidence s'impose qu'il a dû y avoir un grand Dieu, le Créateur tout-puissant, qui a la réponse à toutes nos questions.

Quelles preuves existe-t-il de l'existence de Dieu ?

Il y a au moins trois moyens de prouver l'existence de Dieu.

1. **La nature.** Si une horloge est la preuve qu'il y a un horloger, la perfection de l'univers et l'impression de complexité du plus simple des organismes vivants nous obligent à évoquer un Créateur qui fit tout avec une précision dans un dessein certain ; il s'intéresse par conséquent à ce qu'il a créé, y compris votre personne.

À y bien réfléchir, il faut une foi aveugle, comme la foi en la son et à la science, pour croire que la vie serait apparue à la matière inerte, par pur hasard. Et on peut se demander du passage de l'animalité à la rationalité. En réalité, il devrait pas être nécessaire de présenter des preuves de l'existence de Dieu, mais ce qu'il faudrait plutôt démontrer c'est son inexistence présumée.

Avancer de plus que ces impossibilités logiques et scientifiques ont eu lieu parce que des milliers de millions d'années ont passé, est encore moins rationnel. Les lois de la thermodynamique enseignent que plus il y a de temps dans un système désordonné, plus il ne peut en résulter qu'un accroissement du désordre si une force s'introduit pas avec un apport d'énergie extérieure.

2. **Ses interventions.** Vous avez sûrement entendu beaucoup de gens dire qu'ils ont ressenti un jour ou l'autre l'influence de Dieu dans leur vie. Beaucoup vous affirmeront que Dieu les a aidés dans telle ou telle situation difficile. Si des millions peuvent témoigner que Dieu agit dans leur vie, ils n'ont pas pu se mettre d'accord pour oublier un tel témoignage.

3. **Sa révélation de lui-même dans la Bible.** Grâce à elle, nous entrevoyons le caractère de Dieu et nous découvrons ses plans pour nous.

Qu'est-ce que la Bible ?

La Bible est en fait une bibliothèque sacrée, un ensemble de livres écrits pendant une période de 1 500 ans par quarante auteurs choisis providentiellement.

« Car ce n'est pas par une volonté d'homme qu'une prophétie a jamais été apportée, mais c'est poussés par le Saint-Esprit que des hommes ont parlé de la part de Dieu » (2 Pierre 1:21).

Le Créateur de l'univers donna le message à ceux qui l'écrivent dans leurs mots à eux.

Jetez un coup d'œil à la table des matières de votre Bible. Vous verrez que les saintes Écritures sont divisées en deux parties : les 39 livres de l'Ancien Testament, écrits avant Jésus-Christ, et les 27 du Nouveau Testament, qui rapportent la vie de Jésus et les débuts de l'Église chrétienne. Pour faciliter la recherche d'un passage déterminé, chaque livre est divisé en chapitres et versets.

Consultez votre Bible et répondez.

Où trouverons-nous dans la Parole de Dieu ?

Jean 17:17

« Sanctifie-les par ta vérité : ta parole est la vérité. »

Étude 1

Le Livre pour la famille

Quand on achète un appareil, il est toujours accompagné d'un mode d'emploi. La Bible est le manuel d'orientation de la famille, et sa lecture procure les meilleures directives pour le foyer.

Consultez votre Bible et répondez.

Quels sont les bienfaits de l'étude de la Bible ?

Jérémie 15:16

« J'ai recueilli tes paroles, et je les ai dévorées ; Tes paroles ont fait la joie et l'allégresse de mon cœur ; Car ton nom est invoqué sur moi, Éternel, Dieu des armées ! »

Romains 15:4

« Or, tout ce qui a été écrit d'avance l'a été pour notre instruction, afin que, par la patience, et par la consolation que donnent les Écritures, nous possédions l'espérance. »

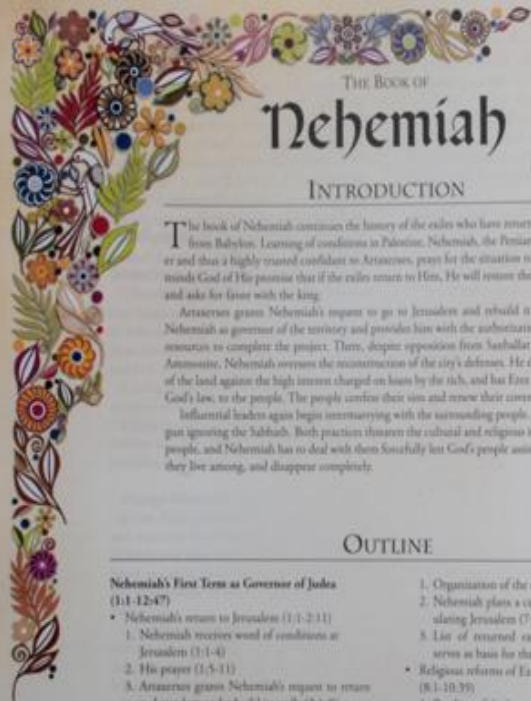
Avec tant de bienfaits, si vous faites de la Bible votre livre de chevet, vous découvrirez comment jouir d'une vie abondante en joies et débordante de paix, au sein d'un monde en plein désarroi. Ne manquez pas de réfléchir à cette promesse :

« Le père des orphelins, le défenseur des veuves, c'est Dieu dans sa demeure sainte. Dieu donne une famille à ceux qui étaient abandonnés, il délivre les captifs et les rend heureux » (Psaume 68:6,7).

The Keepsake Family Bible



The Keepsake Family Bible



THE BOOK OF Nehemiah

INTRODUCTION

The book of Nehemiah continues the history of the exiles who have returned to Jerusalem from Babylon. Learning of conditions in Palestine, Nehemiah, the Persian king's cupbearer and thus a highly trusted confidant to Artaxerxes, prays for the situation to change. He reminds God of His promise that if the exiles return to Him, He will restore them to Jerusalem, and asks for favor with the king.

Artaxerxes grants Nehemiah's request to go to Jerusalem and rebuild it. He dispatches Nehemiah as governor of the territory and provides him with the authorization and financial resources to complete the project. There, despite opposition from Sanballat and Tobiah the Ammonite, Nehemiah oversees the reconstruction of the city's defenses. He defends the poor of the land against the high interest charged on loans by the rich, and has Ezra teach the Torah, God's law, to the people. The people confess their sin and renew their covenant with God.

Influential leaders again begin intermarrying with the surrounding people. Others have begun ignoring the Sabbath. Both practices threaten the cultural and religious identity of God's people, and Nehemiah has to deal with them. Successfully, but God's people assimilate into those they live among, and disappear completely.

OUTLINE

Nehemiah's First Term as Governor of Judea (1:1-12:47)

- Nehemiah's return to Jerusalem (1:1-2:11)
 1. Nehemiah receives word of conditions in Jerusalem (1:1-4)
 2. His prayer (1:5-11)
 3. Artaxerxes grants Nehemiah's request to return to Jerusalem and rebuild its walls (2:1-8)
 4. Nehemiah's arrival, first indications of difficulties (2:9-11)
- The rebuilding of the walls (2:12-6:19)
 1. Nehemiah's inspection of the wall at night (2:12-16)
 2. An appeal for action encounters both approval and opposition (2:17-20)
 3. The distribution of the 42 construction units (3:1-32)
 4. Various unsuccessful attempts to halt the reconstruction (4:1-23)
 5. Social reforms carried out during Nehemiah's first period of governorship (5:1-19)
 6. Further attempts to stop the building; completion of the wall (6:1-19)
- Nehemiah plans to repopulate Jerusalem (7:1-7:3)

1. Organization of the city police (7:1-3)
2. Nehemiah plans a census preparatory to repopulating Jerusalem (7:4, 5)
3. List of returned exiles of Zerubbabel's time serves as basis for the new census (7:6-7:3)
- Religious reforms of Ezra and Nehemiah (8:1-10:39)
 1. Reading of the law at a great national gathering (8:1-18)
 2. Celebration of the Feast of Tabernacles (8:14-18)
 3. A day of solemn repentance and confession (9:1-38)
 4. A list of those who signed the covenant (10:1-28)
 5. The covenant of the covenant of reform (10:29-39)
- The repopulation of Jerusalem carried out (11:1-36)
 1. List of those who dwell in Jerusalem (11:1-19)
 2. List of cities of the province of Judea (11:20-36)
- A list of the Temple personnel (12:1-26)
 1. Priests and Levites of the time of Zerubbabel (12:1-5)
 2. Genealogy of the high priests (12:10, 11)

3. Priests of the time of Josiah (12:12-21)
4. Levites of the time of Eliashub (12:22-26)
- The dedication of the wall (12:27-43)
- The appointment of treasurers (12:44-47)

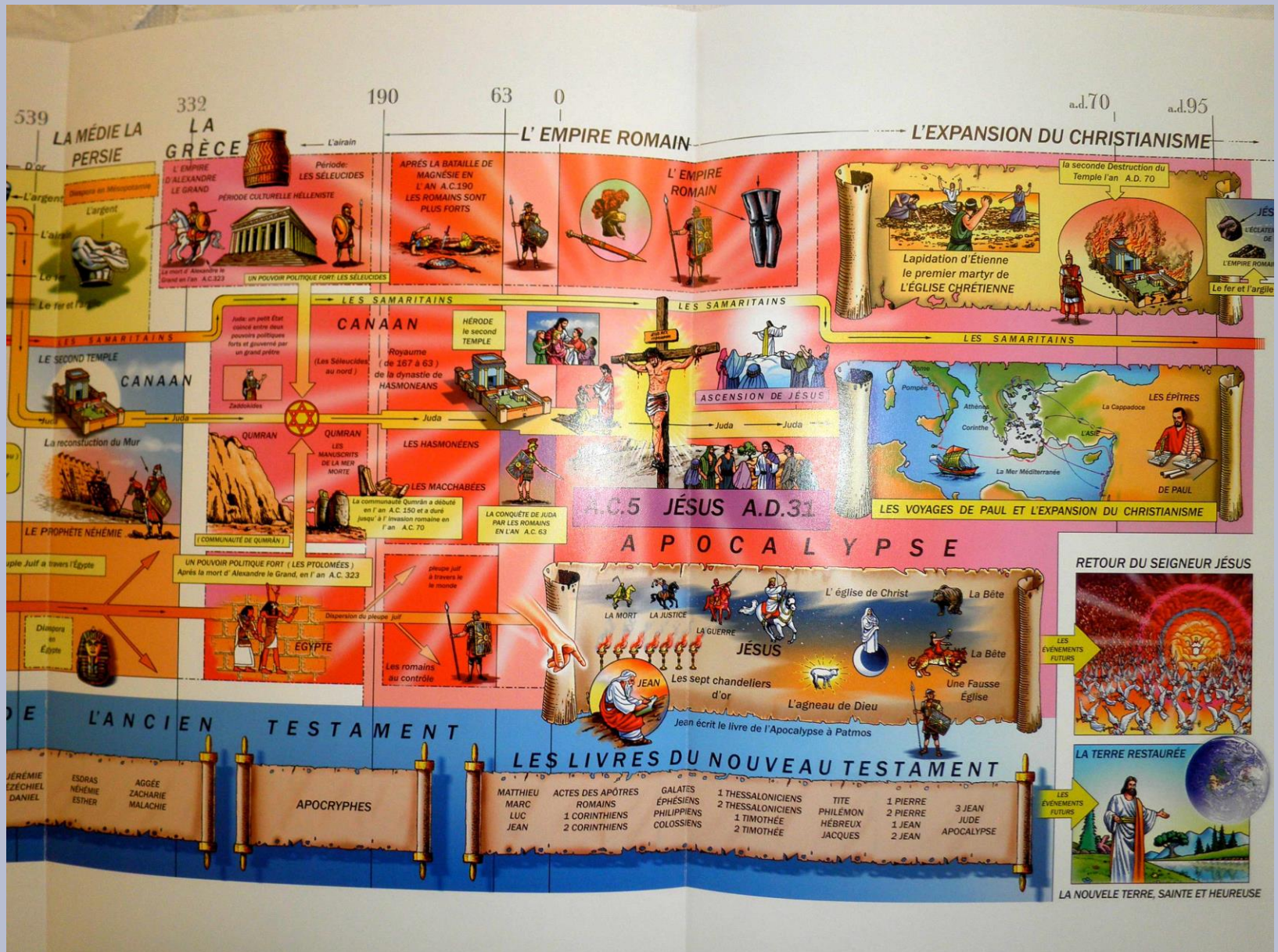
Nehemiah's Second Term as Governor of Judea (13:1-31)

- Separation of Jews from foreigners (13:1-3)
- The expulsion of Tobiah from the Temple (13:4-9)
- Regathering of the Levites and reform in tithing and in the observance of the Sabbath (13:10-22)
- Reform regarding foreign wives (13:23-29)
- Concluding statement (13:30, 31)



Nehemiah on the wall of Jerusalem, measuring the wall and warning the people to stop those who opposed rebuilding the city.

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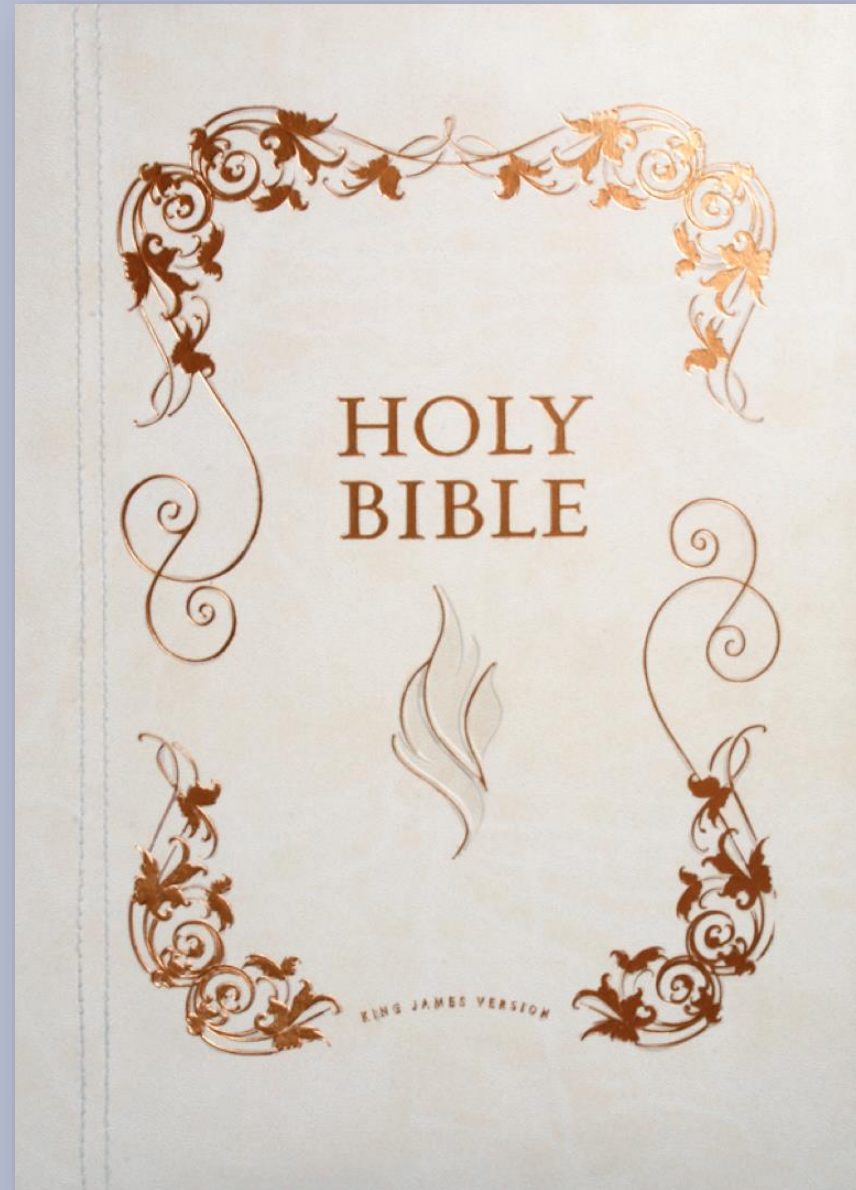
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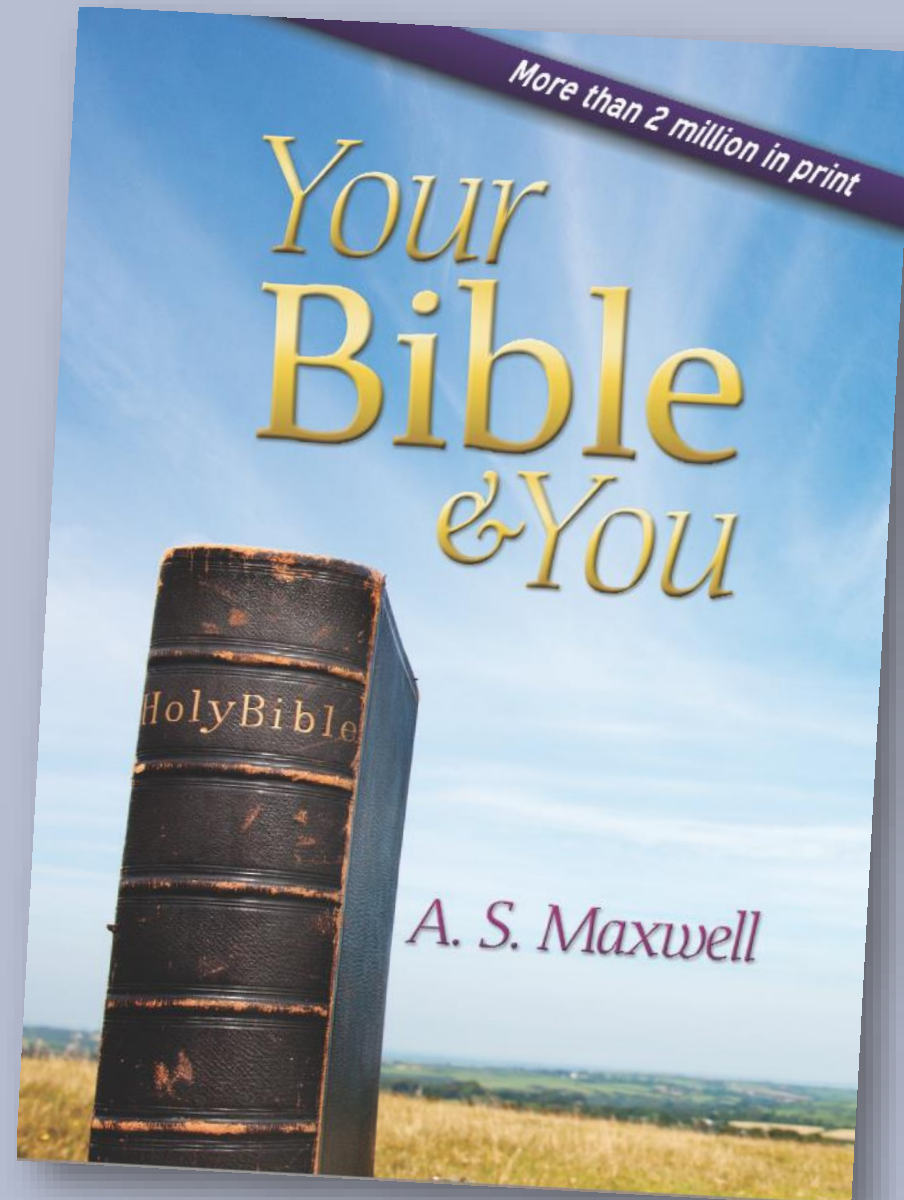
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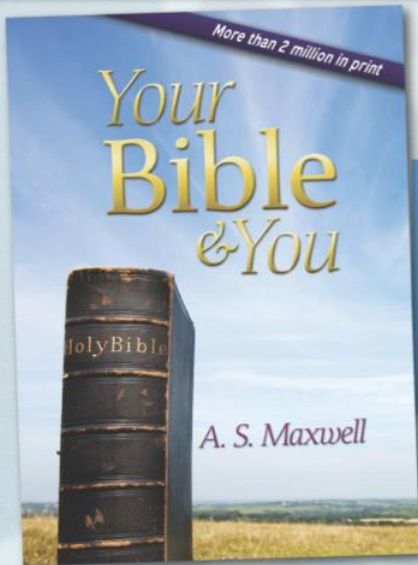
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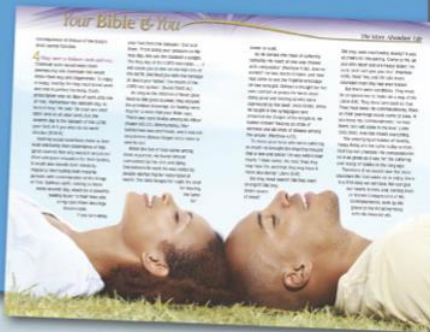
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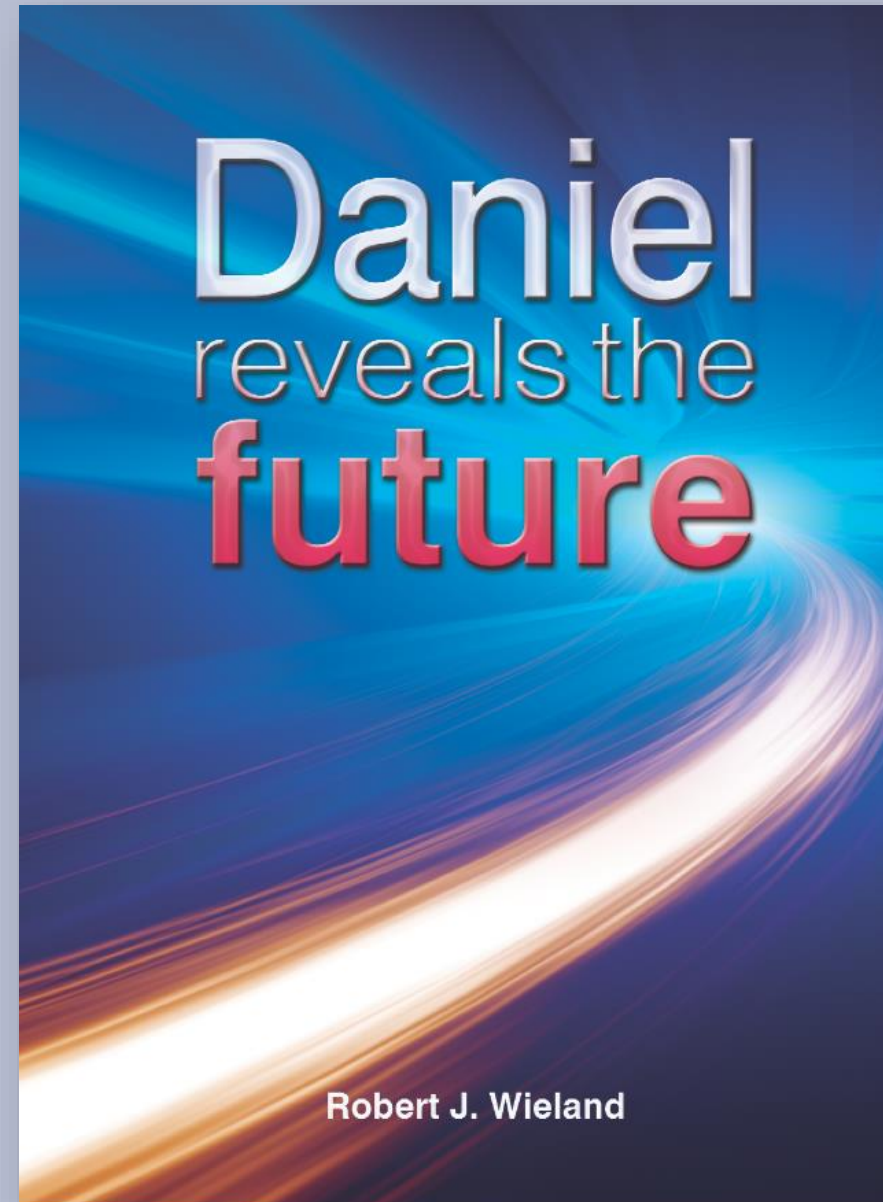
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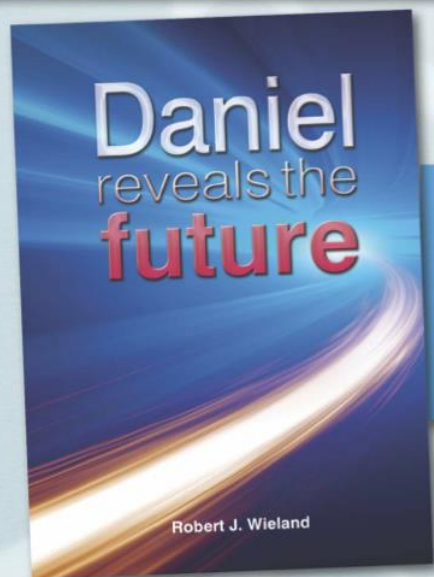
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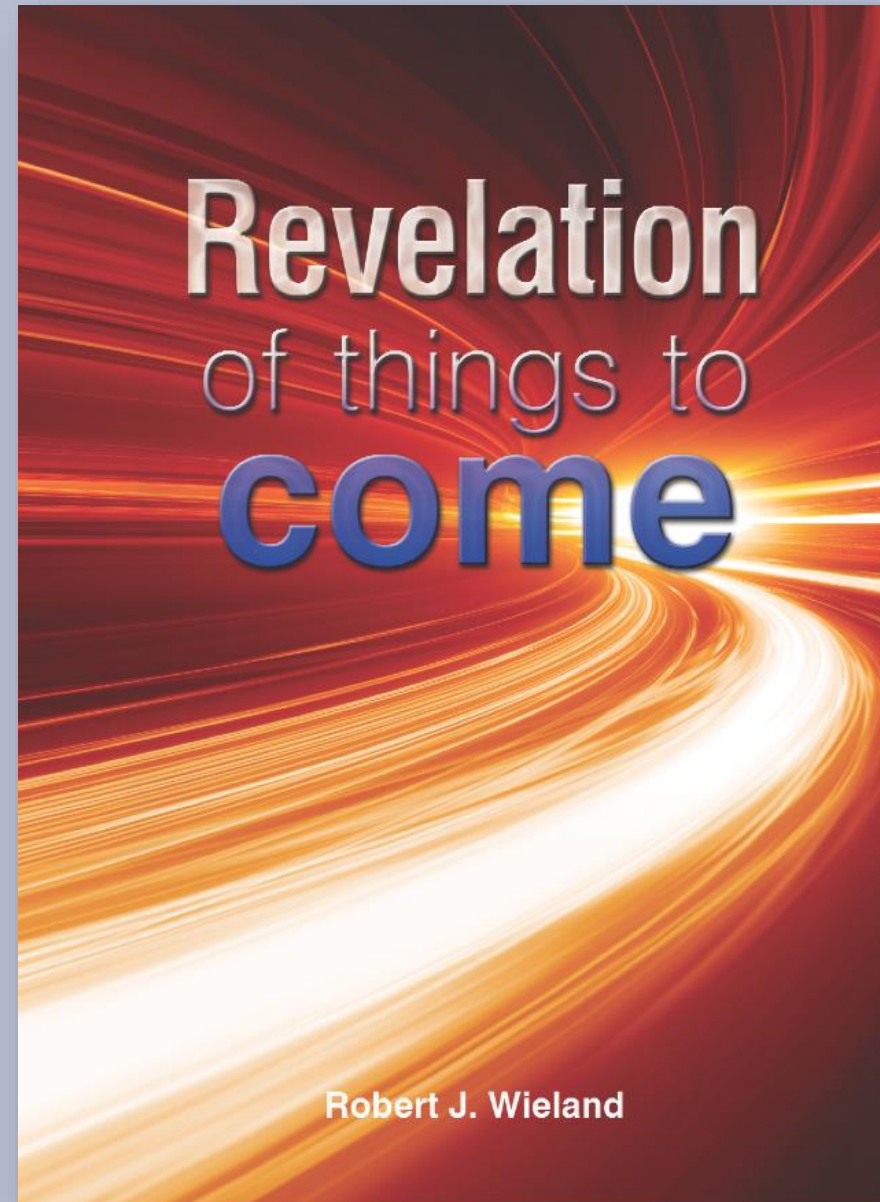
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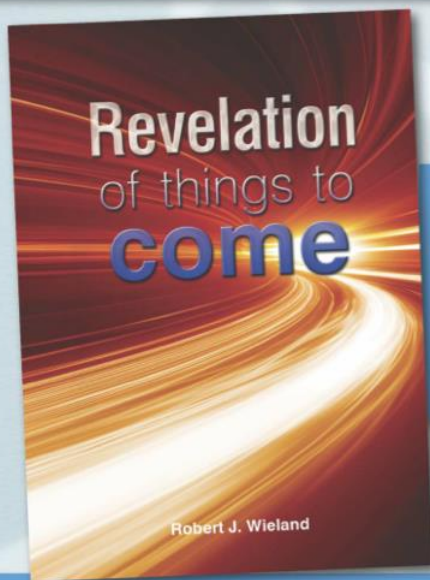
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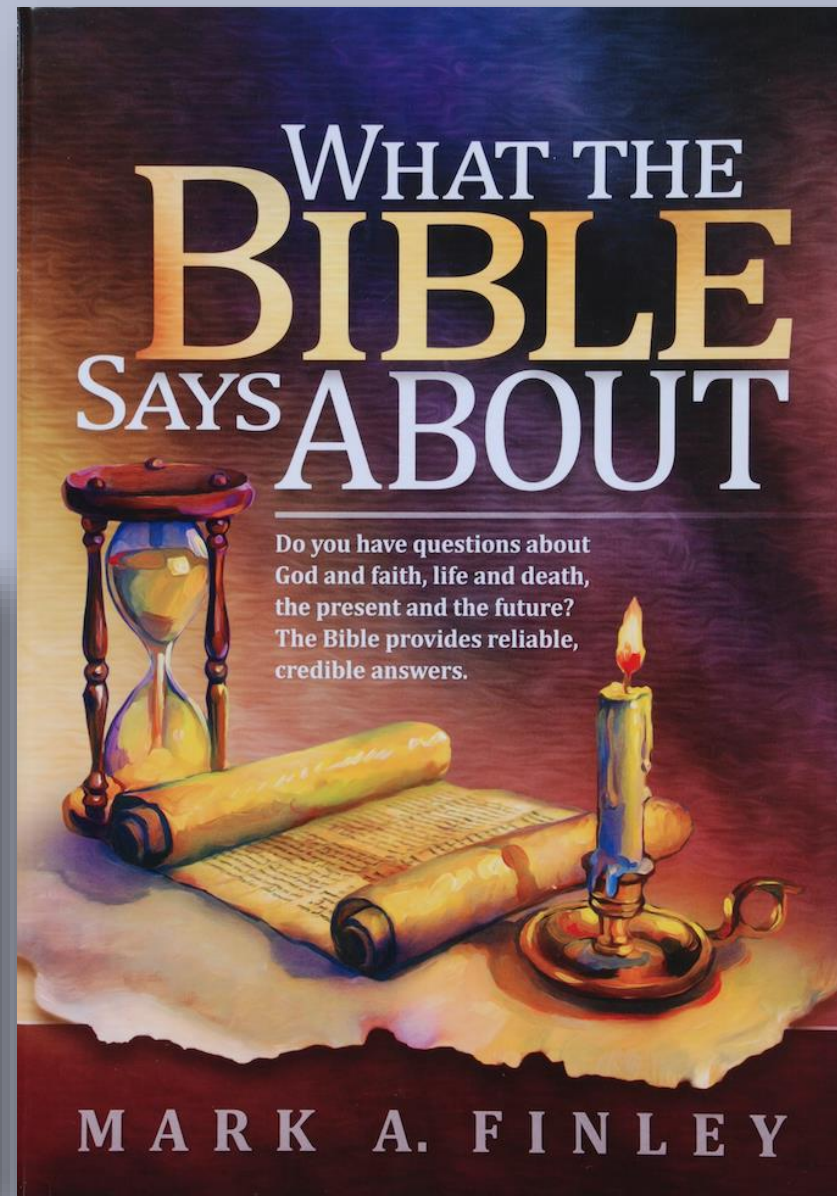
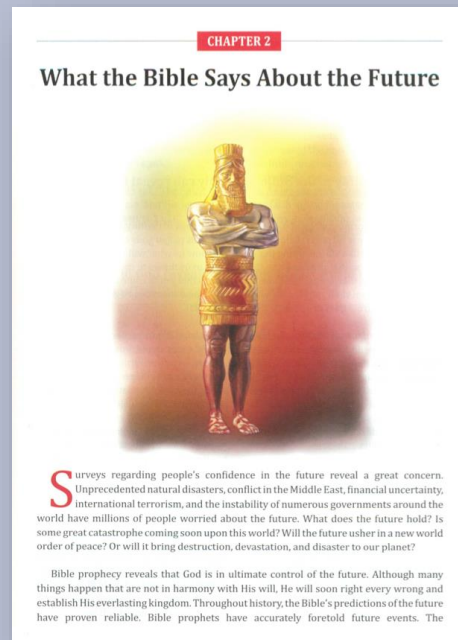
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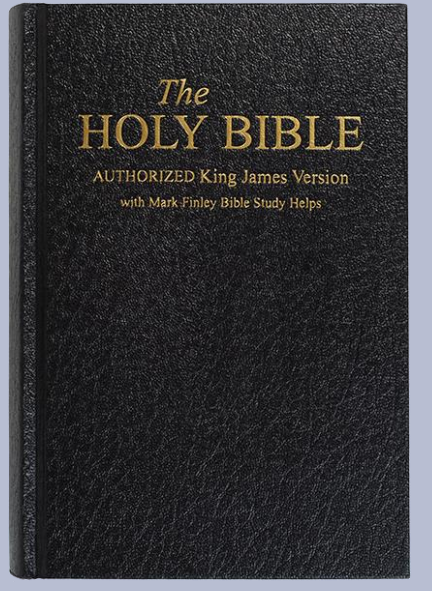
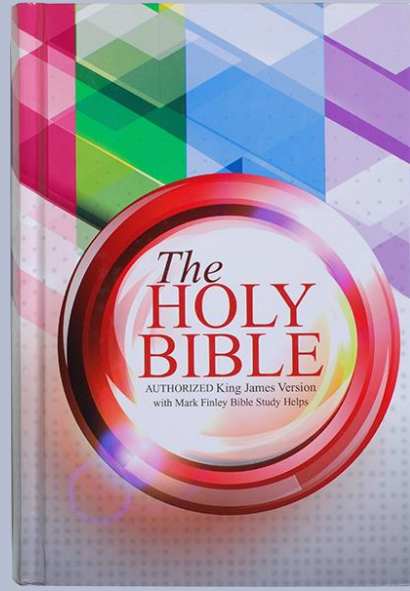
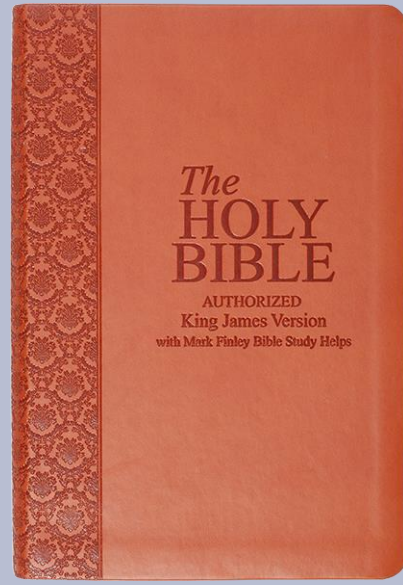
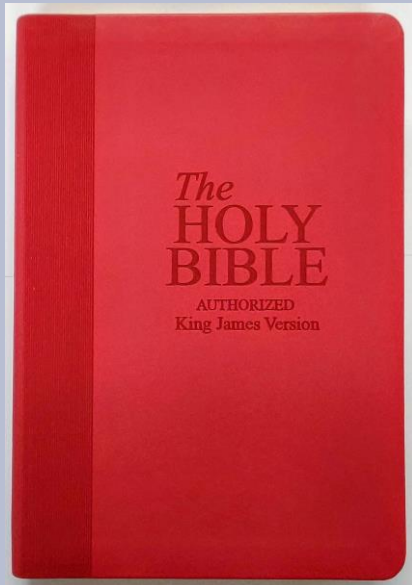
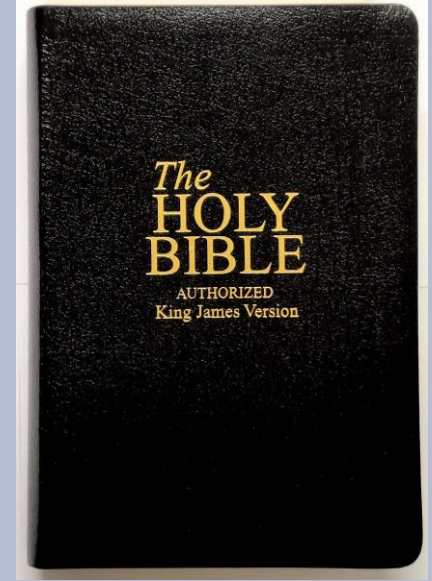
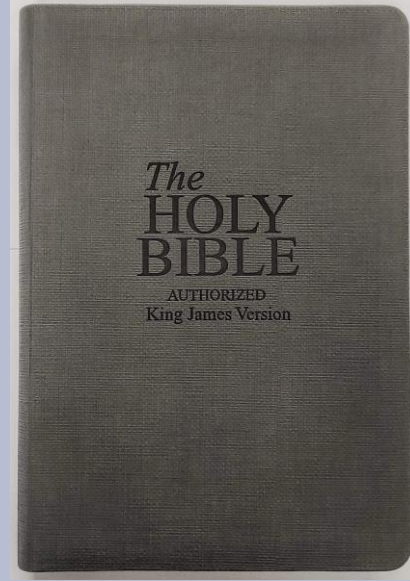
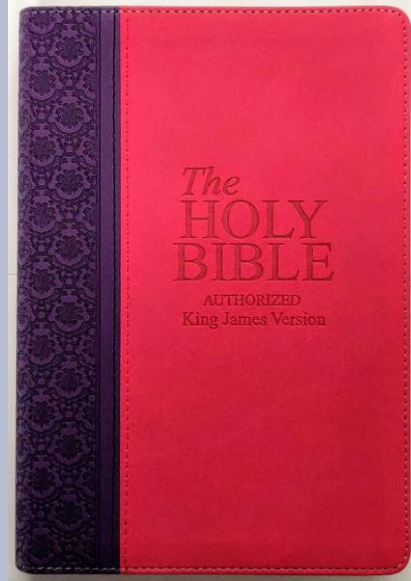
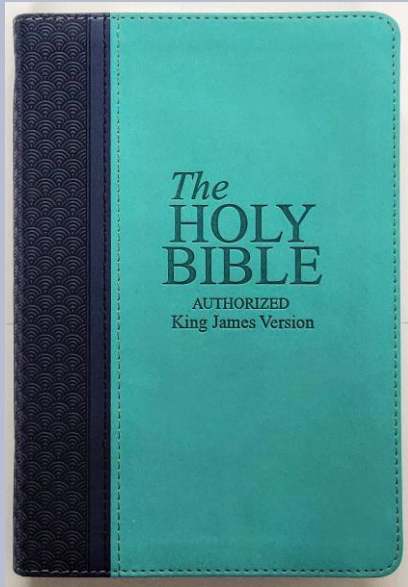
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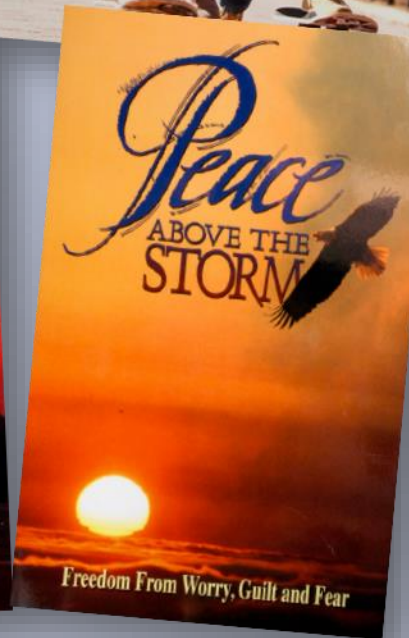
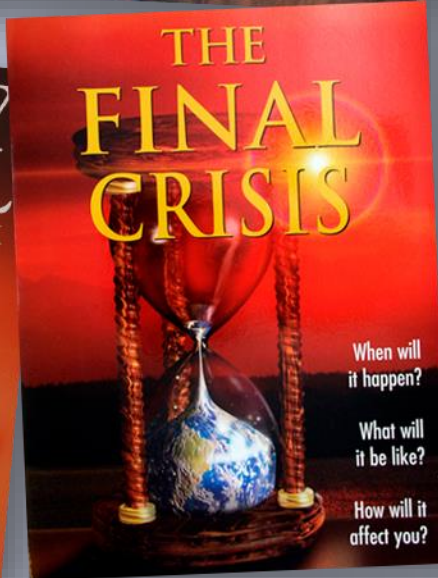
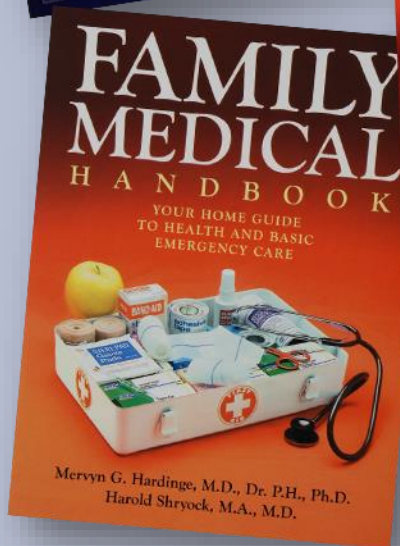
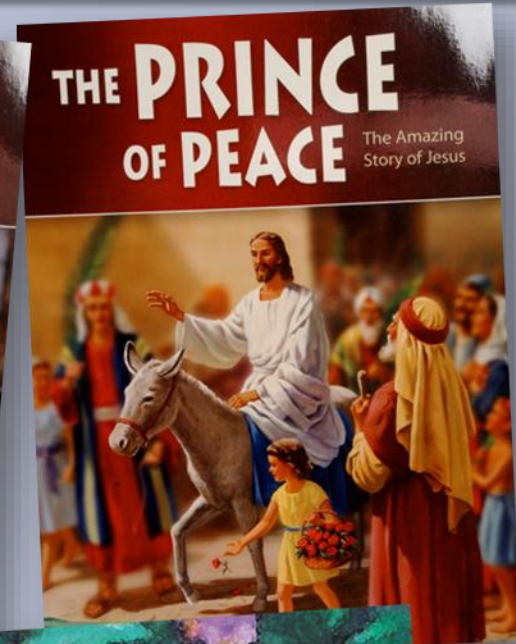
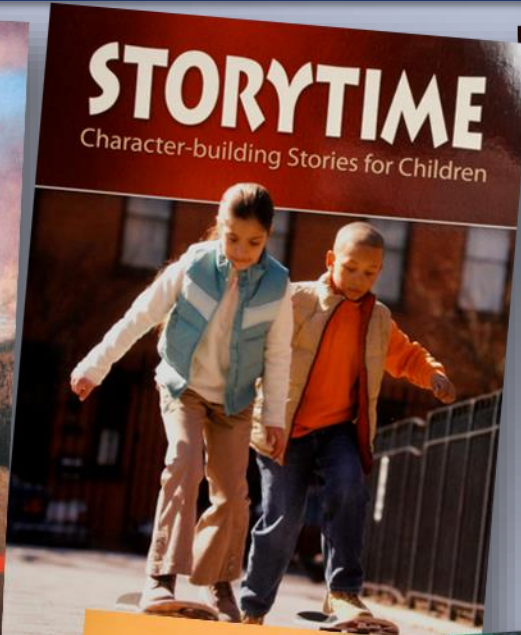
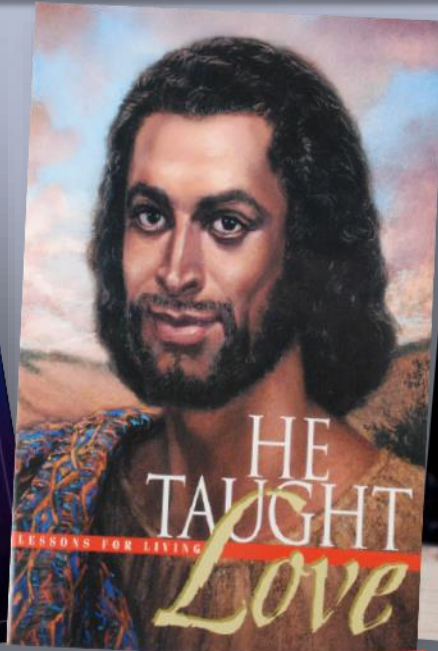
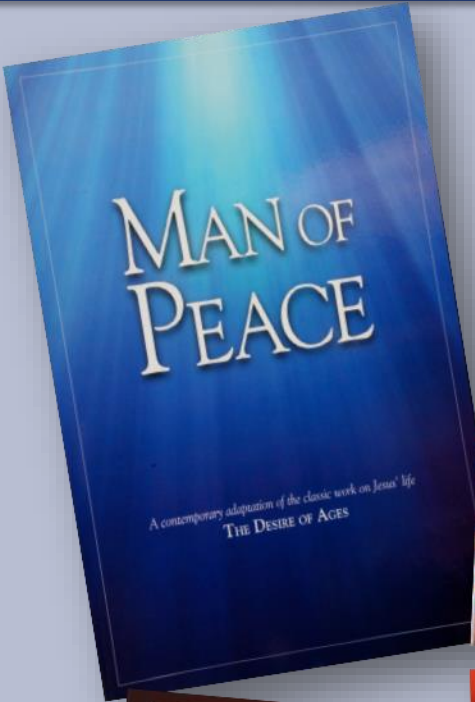
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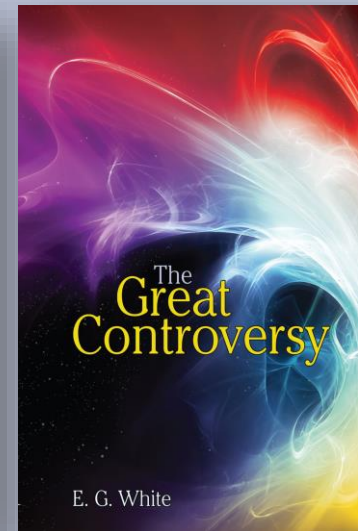
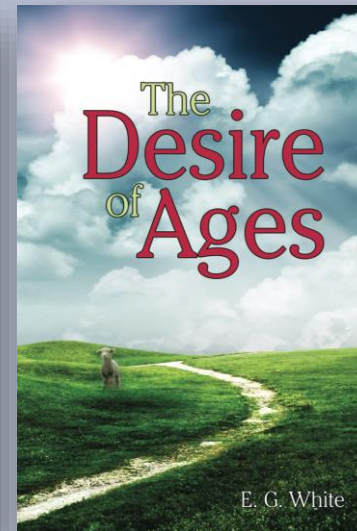
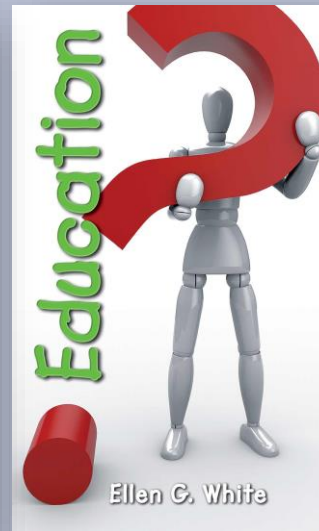
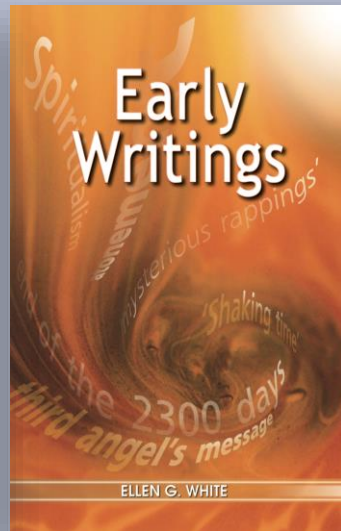
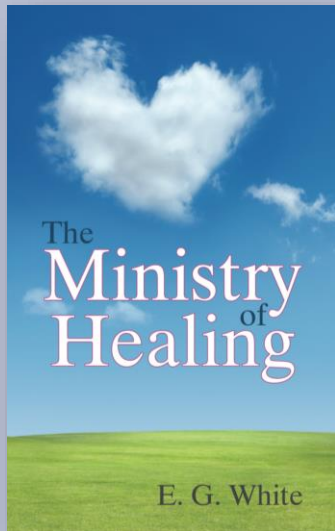
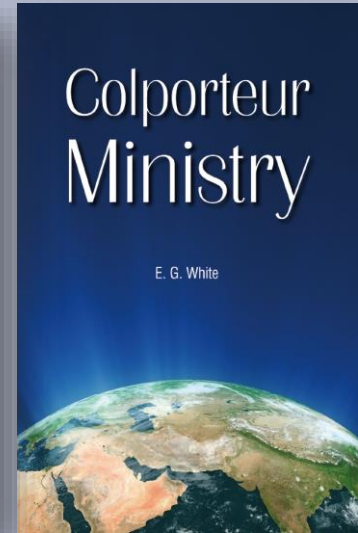
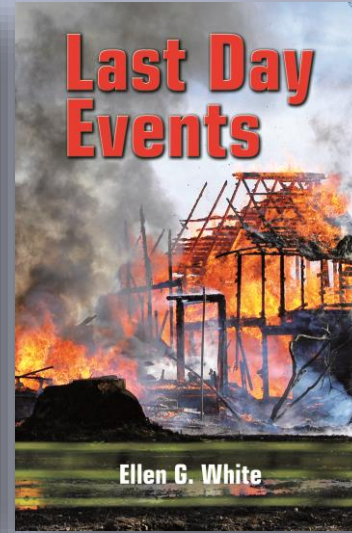
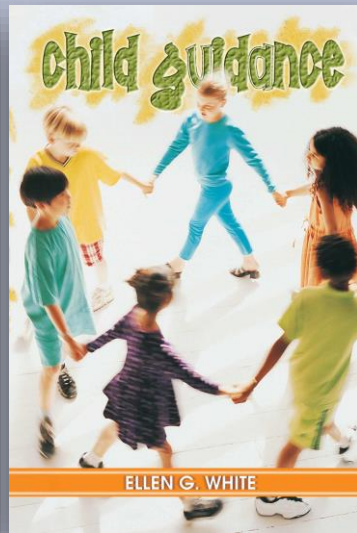
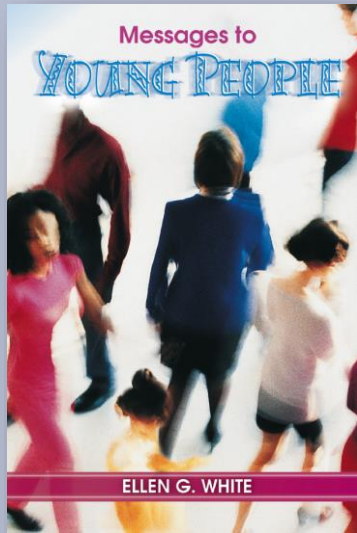
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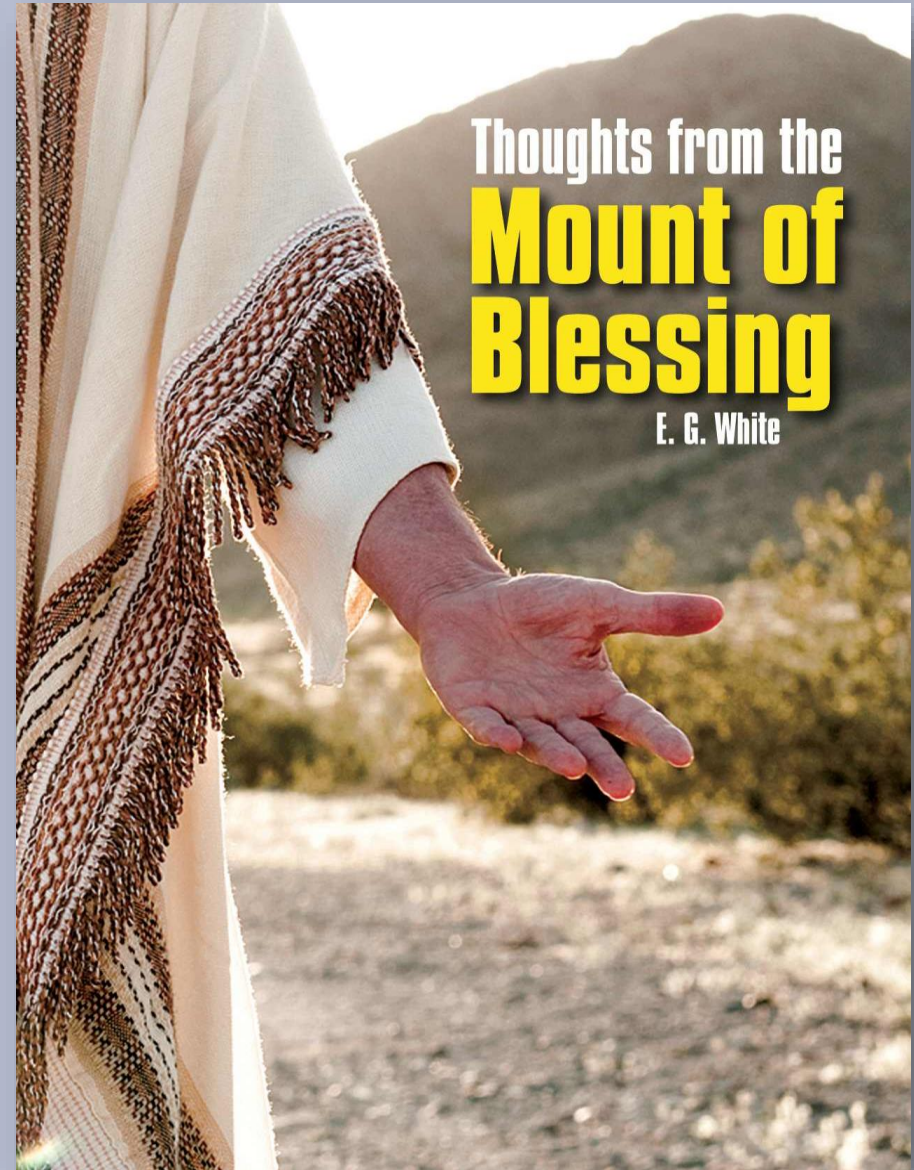
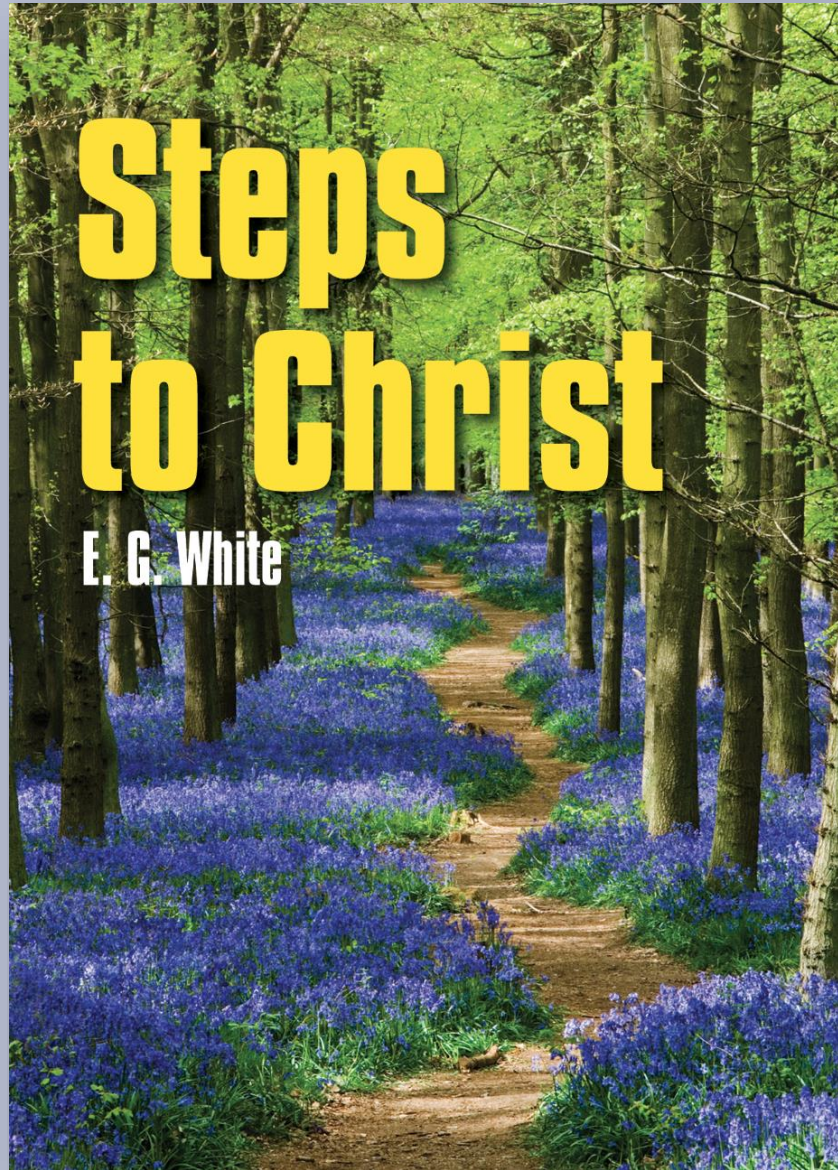
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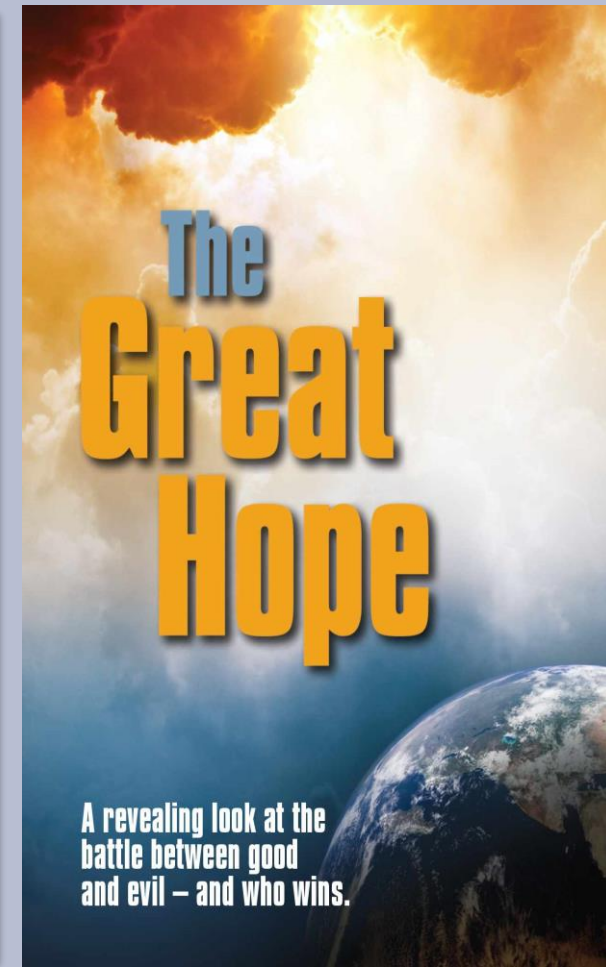
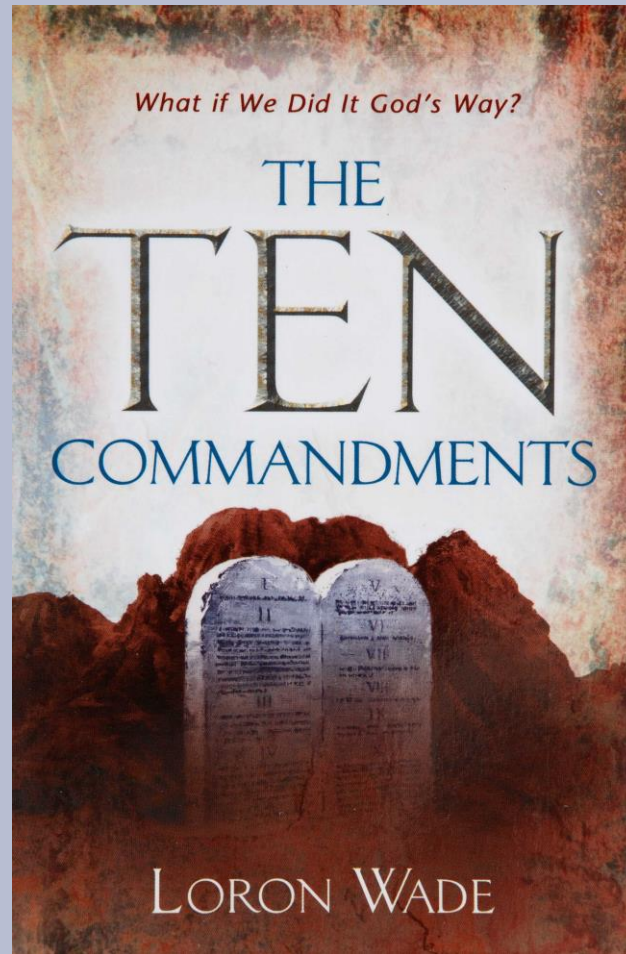
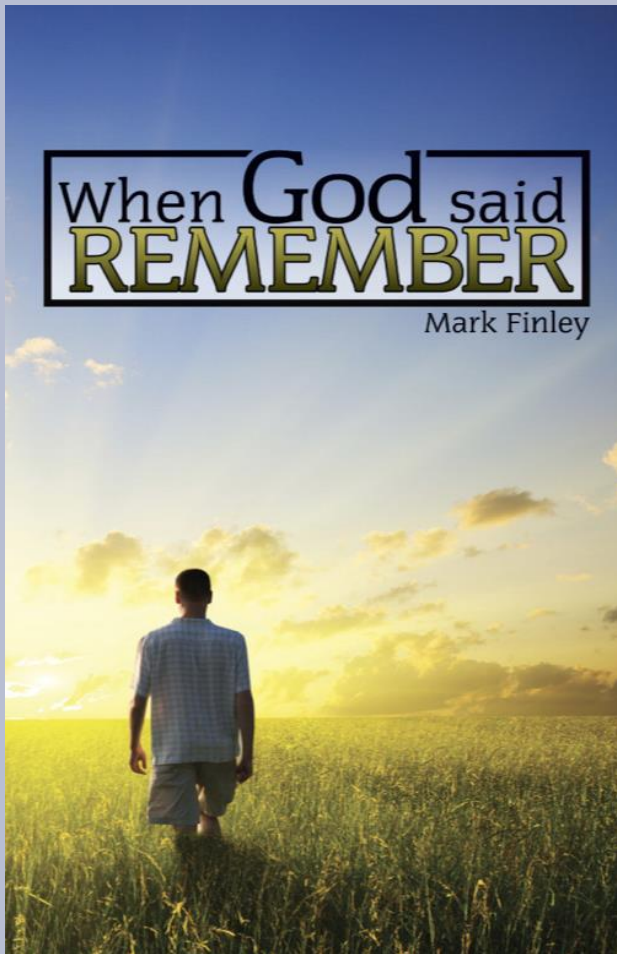
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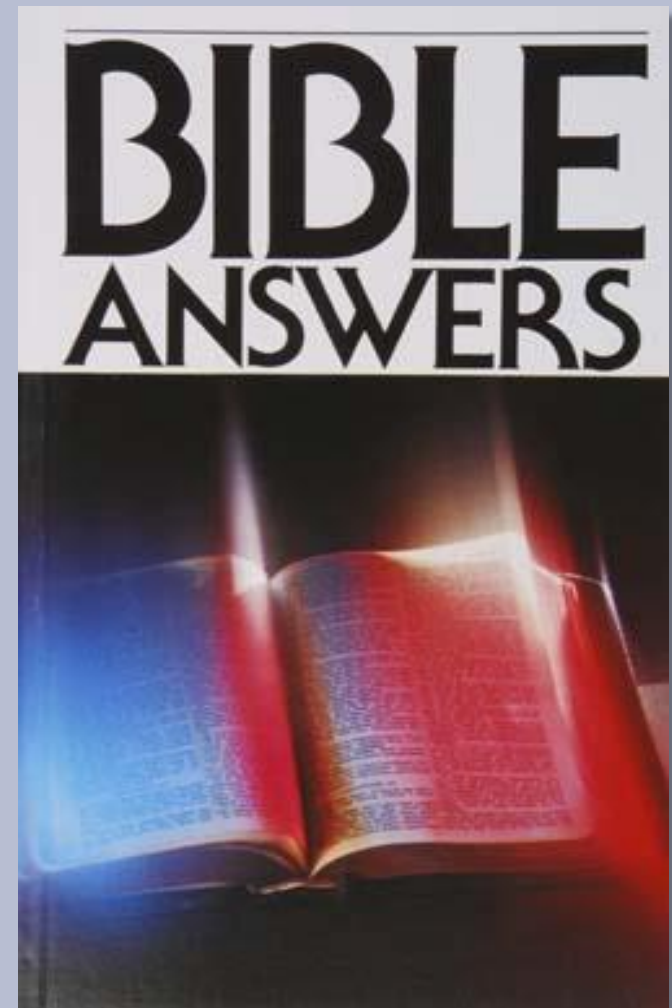
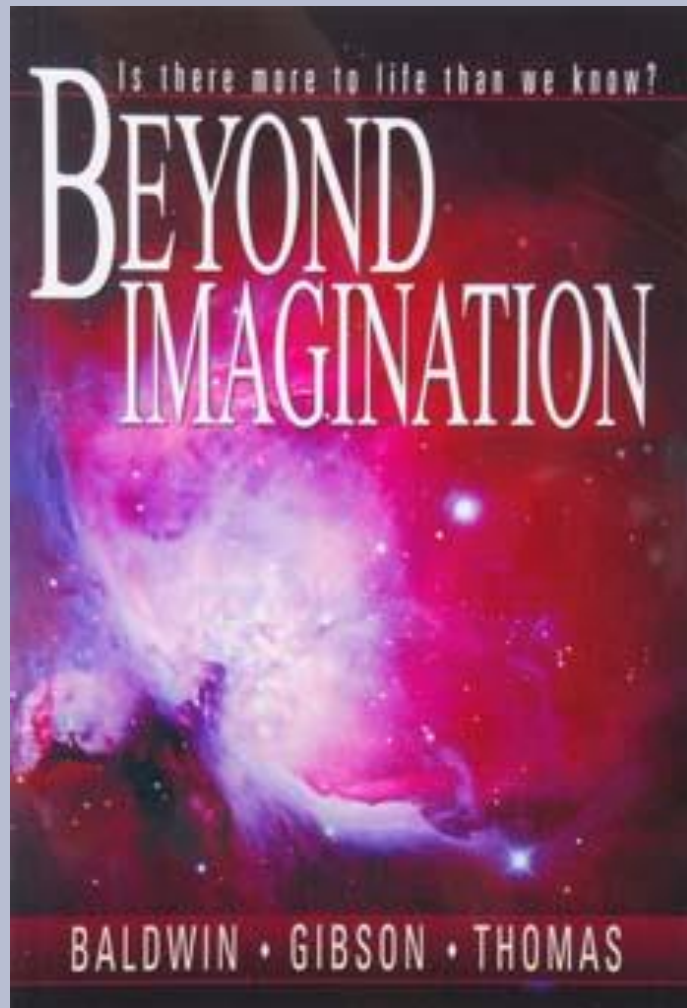


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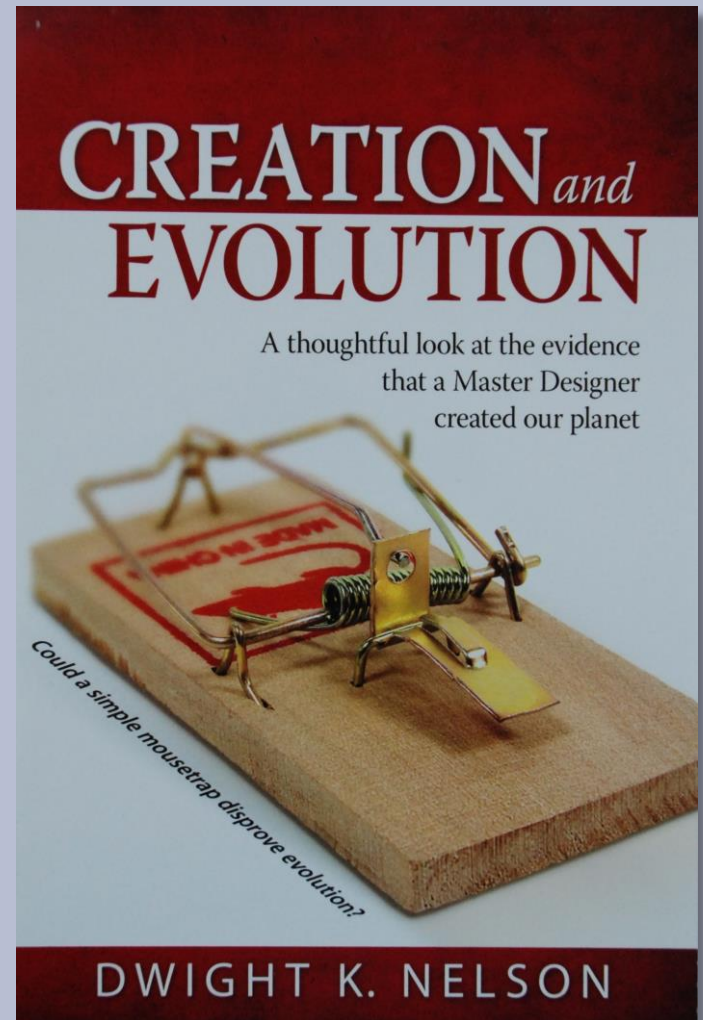
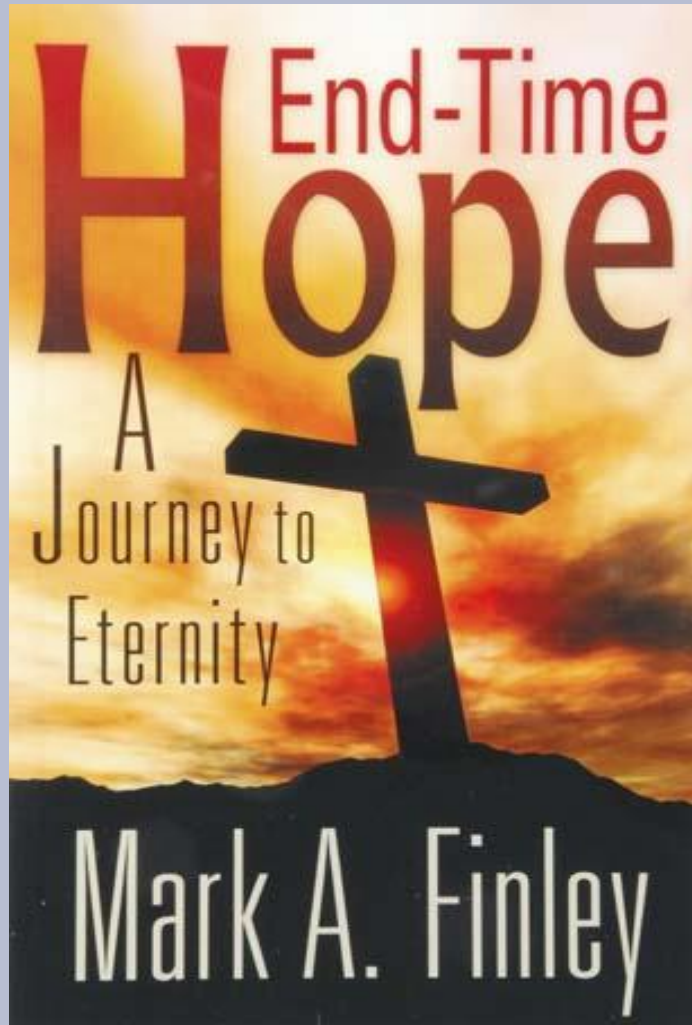
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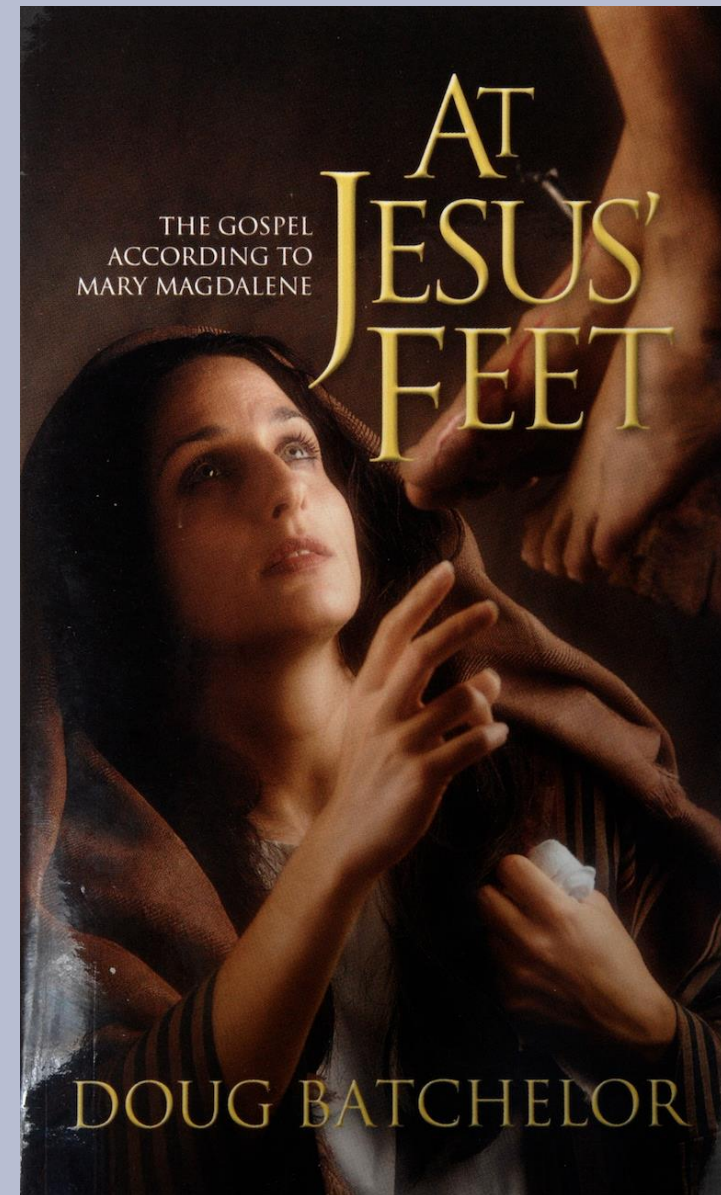
Making Discipleship Simple



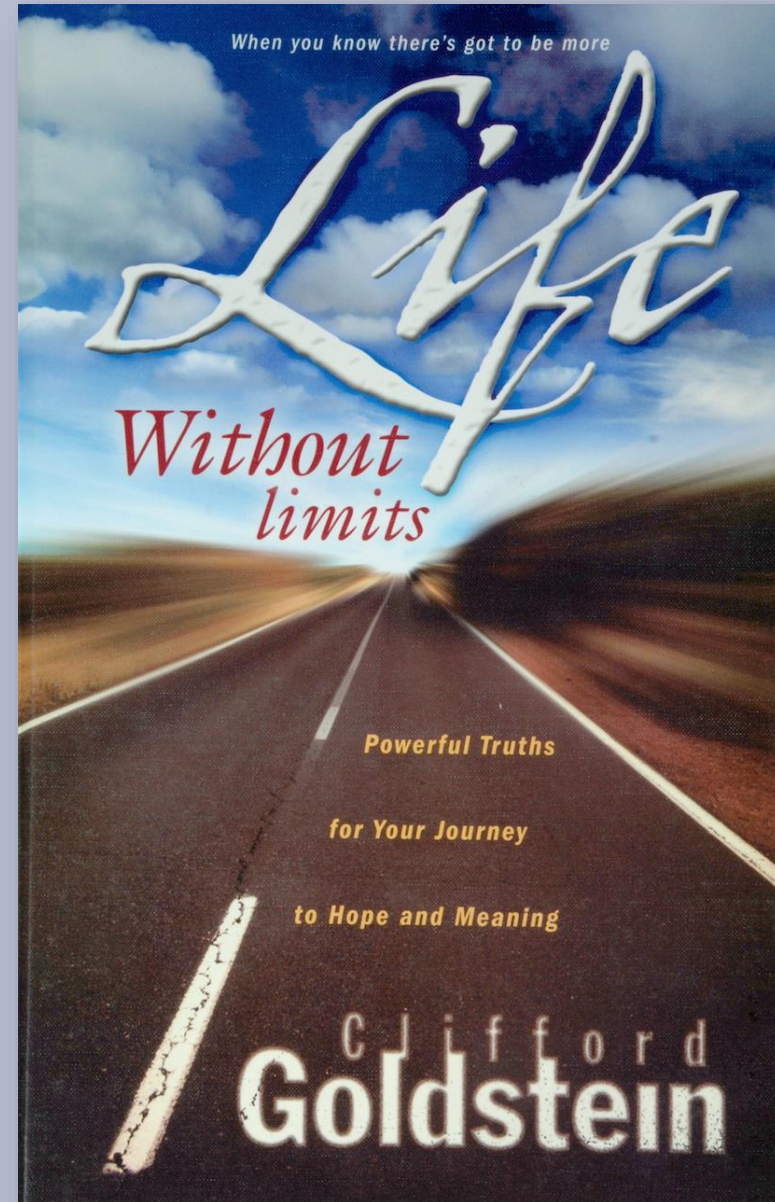
Becoming a
disciple of Christ

Michael Njagi Mbui

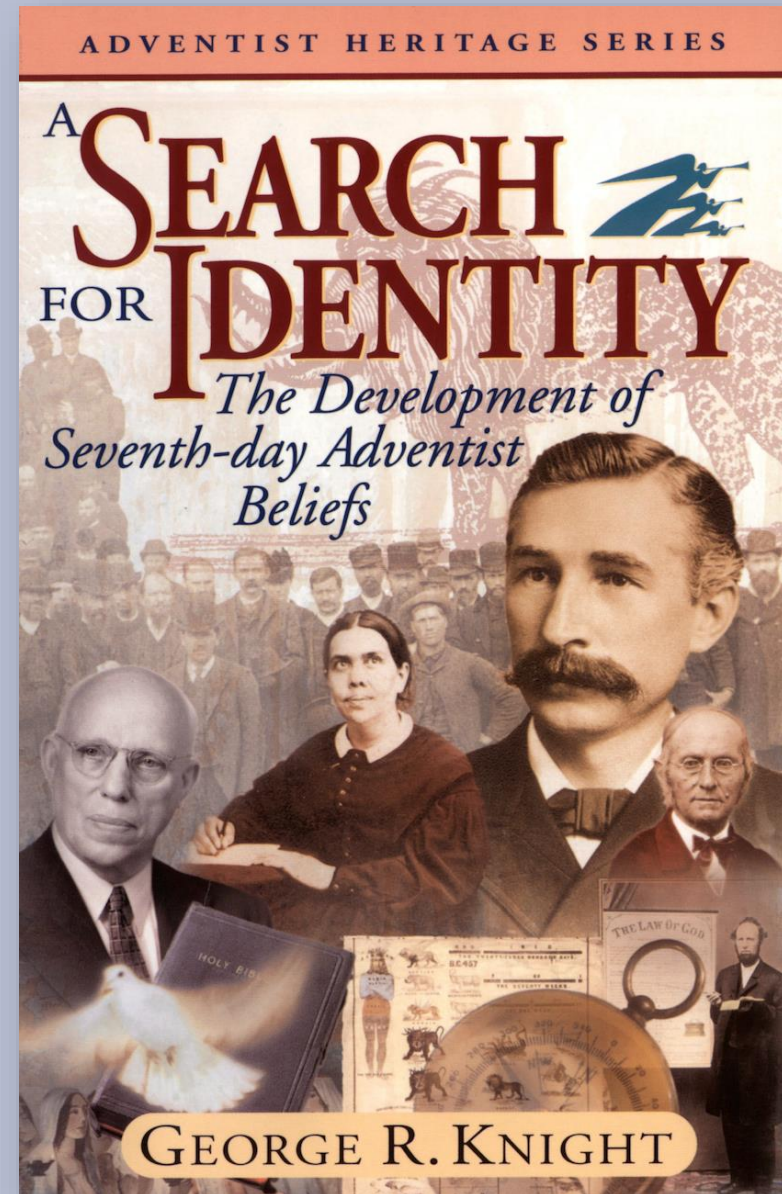
Author Doug Batchelor tells the Gospel according to Mary Magdalene. A wonderful book to read and inexpensive enough to give.



Starting from scratch, this book sets out to prove there is a God, there is sin, and there is salvation. This is a wonderful book to reinforce your beliefs or share with someone who is questioning theirs.



How did we come to believe what we believe? How have those beliefs changed over the years? With compelling candor George Knight captures the ebb and flow of the doctrinal currents within Adventism, including controversies over the shut door, the law in Galatians at the 1888 General Conference, the Trinity, pantheism, Fundamentalism, the nature of Christ, and inspiration.



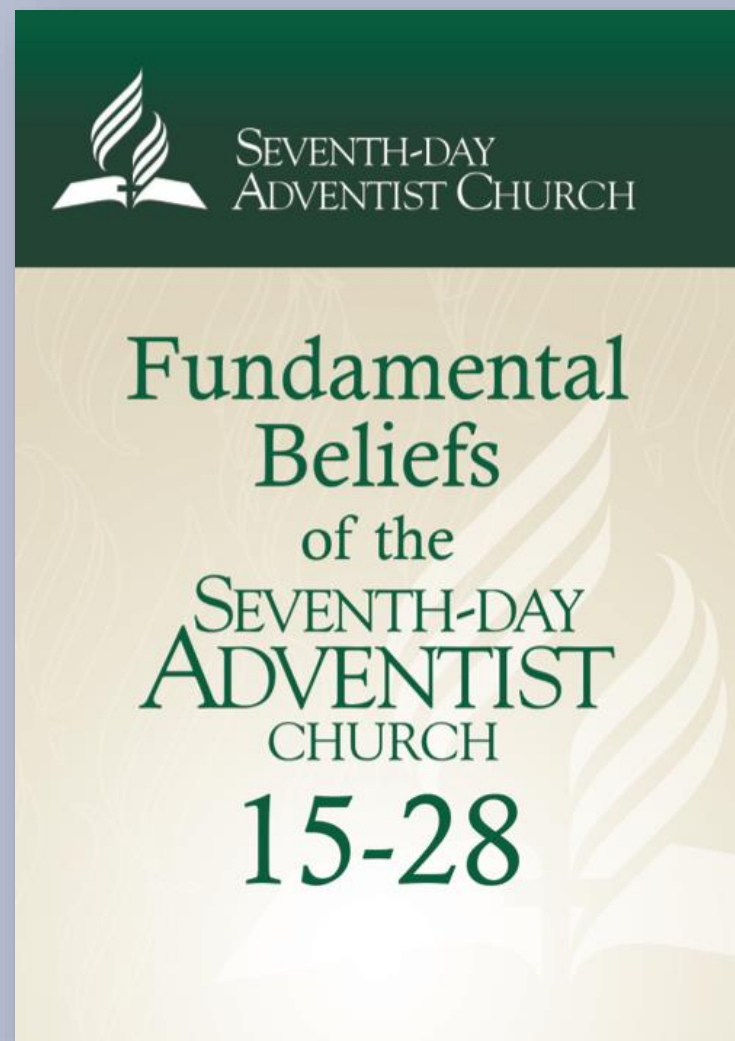
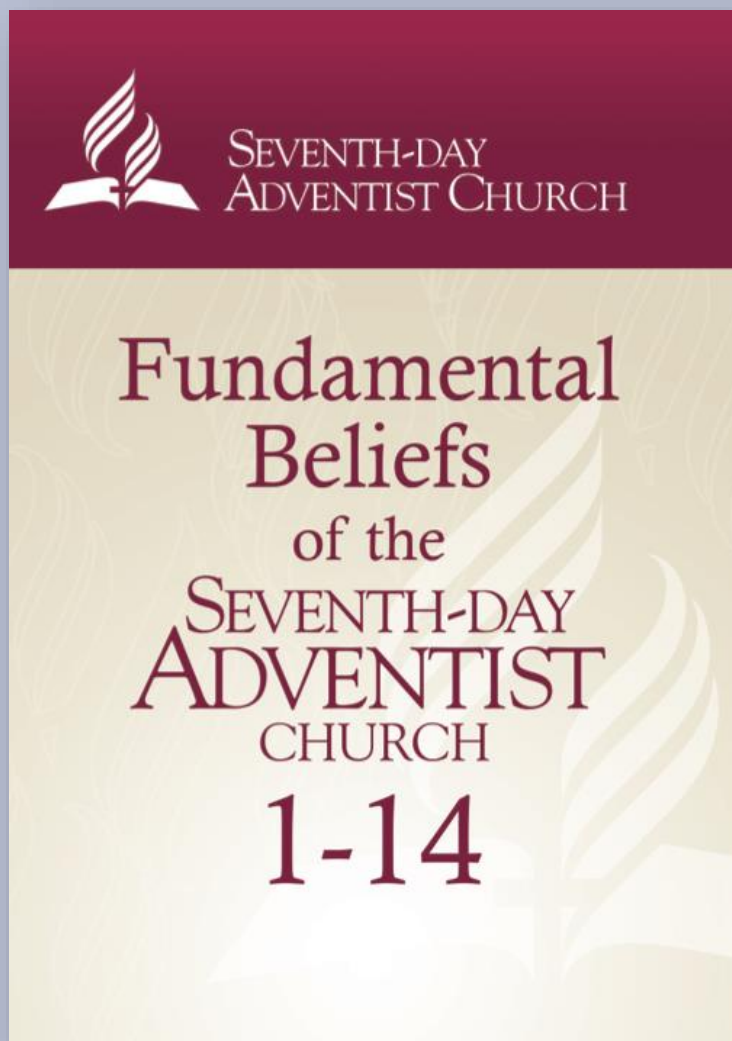
Paperback

There are also many other titles available on different topics relating to the wellbeing and growth of our spiritual life.

Do not hesitate to ask us if you have a specific need.

Some of those resources are:

- Church Manuals
- SDA Hymnals
- EGW Christian Home Library (inc. Early Writings on PB)
- Testimonies to the Church
- The Next Superpower
- A selection of Bibles
- Missionary books
- Companion books to the SSLQ, Devotionals, etc.



Also available in French, Portuguese and Spanish

Fundamental Beliefs



Promise Box

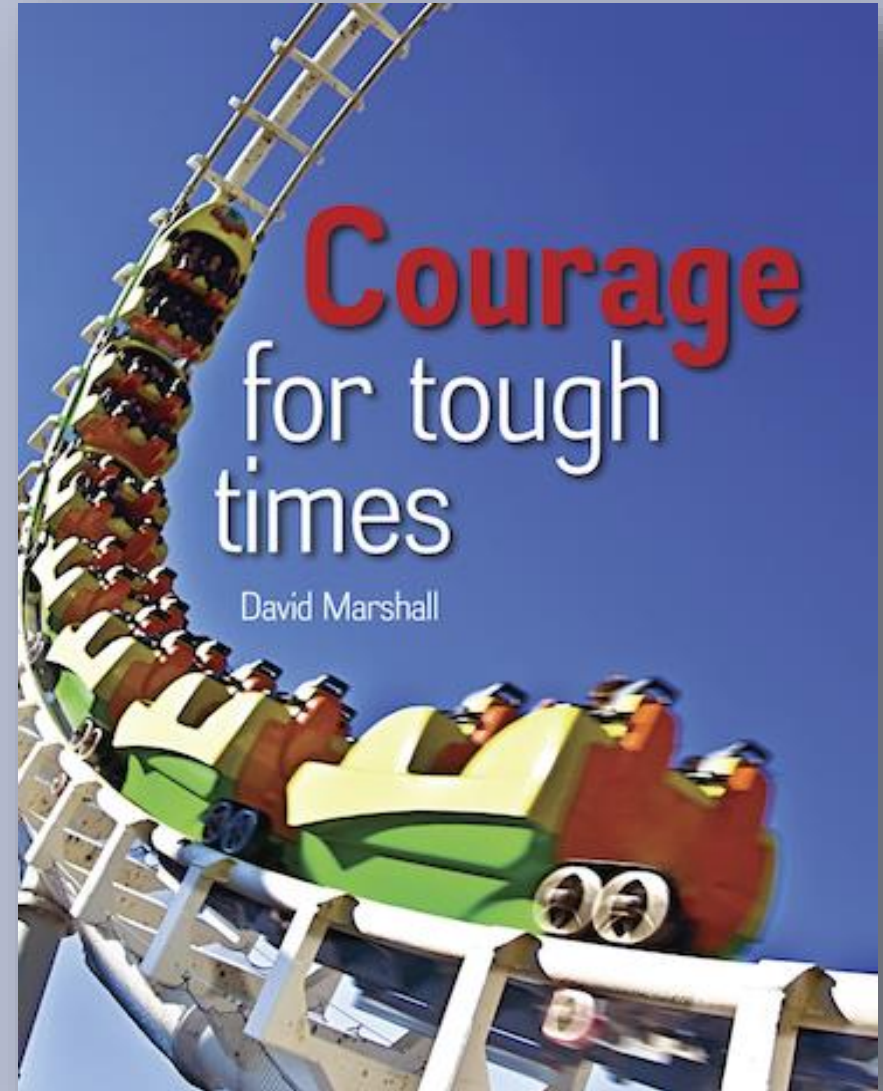


Word Power Cards

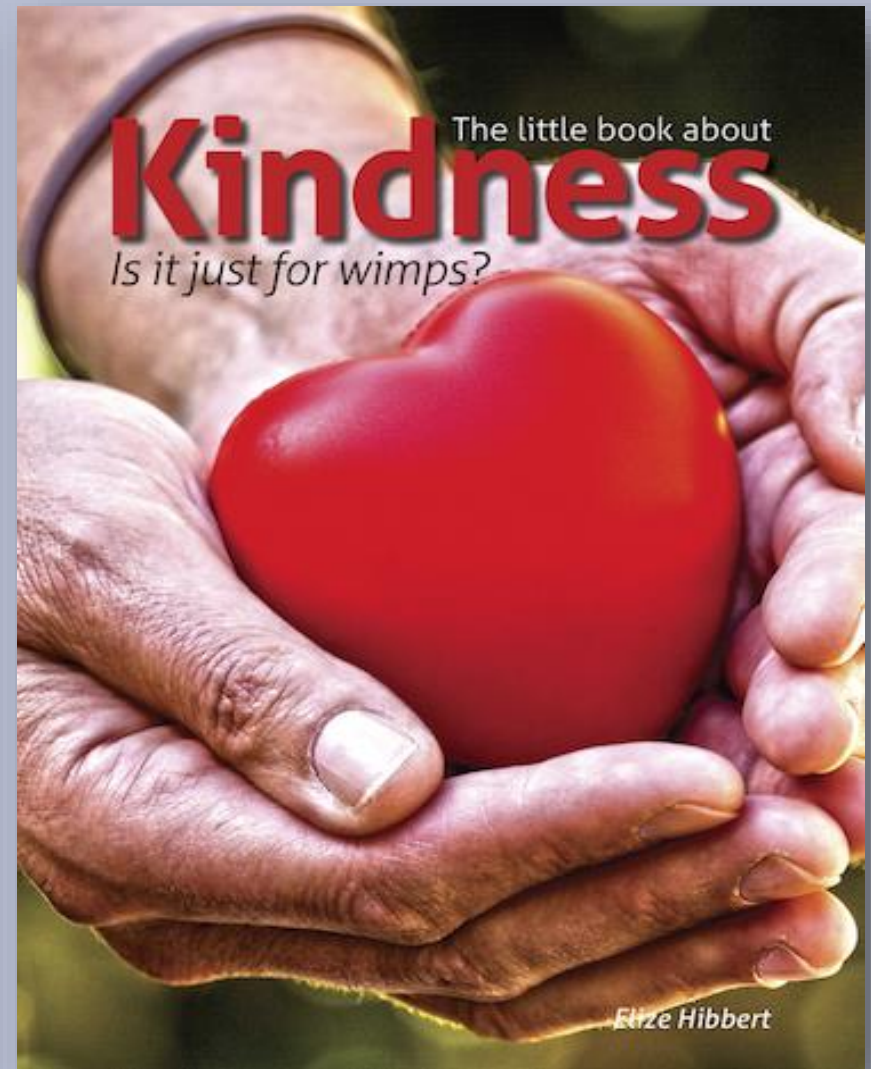
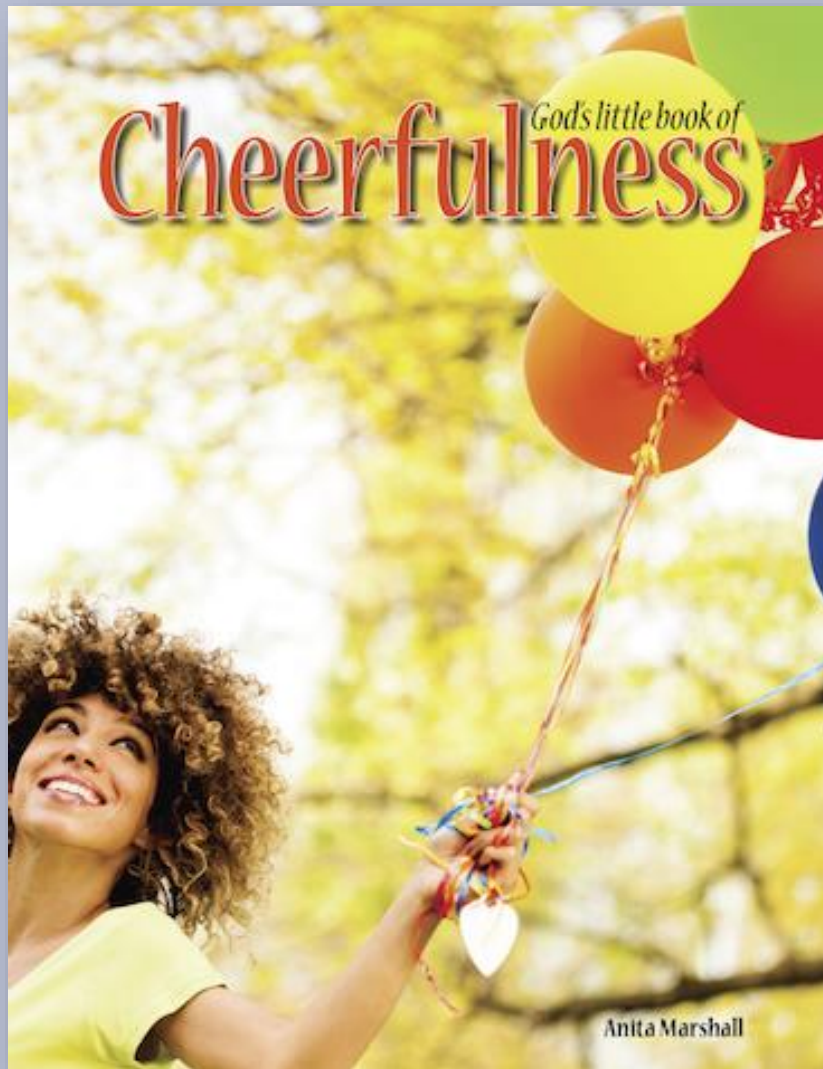


Set of 7 word power cards

Gift Book



Gift Book



Cheerfulness by Anita Marshall and Kindness by Elize Hibbert

What is Jesus like? Drawing from both Scripture and a wide range of beautifully written hymns and biographies about Jesus, this charming little volume presents us with an inspiring glimpse of the nature and character of the Son of God – our Saviour, the **Messiah**.

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Autumn House



God's little book about Jesus

Anita Marshall

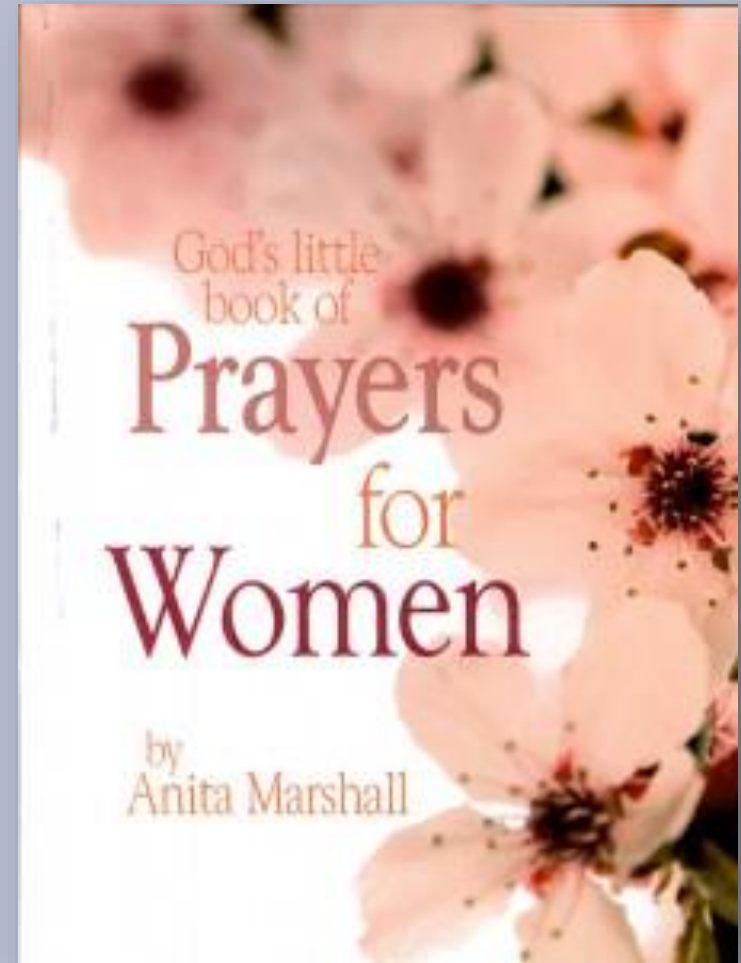
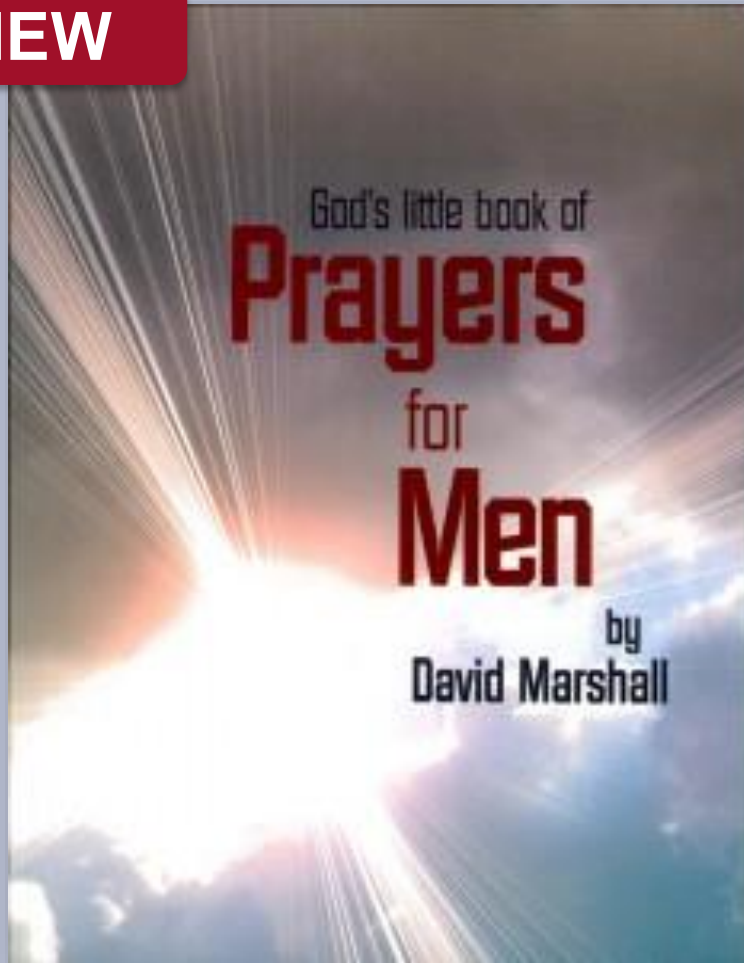


God's little book about **Jesus**



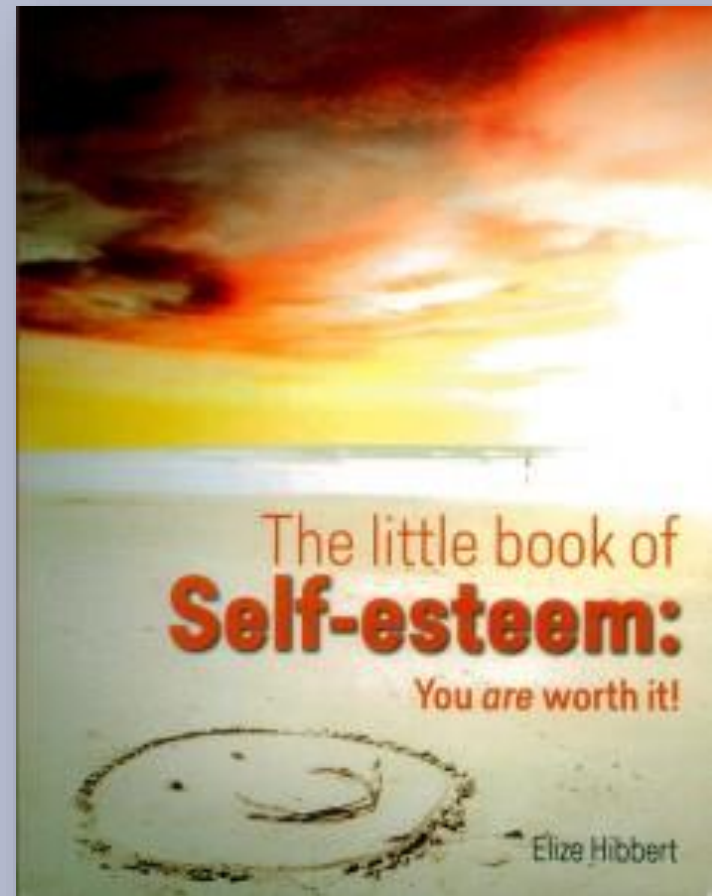
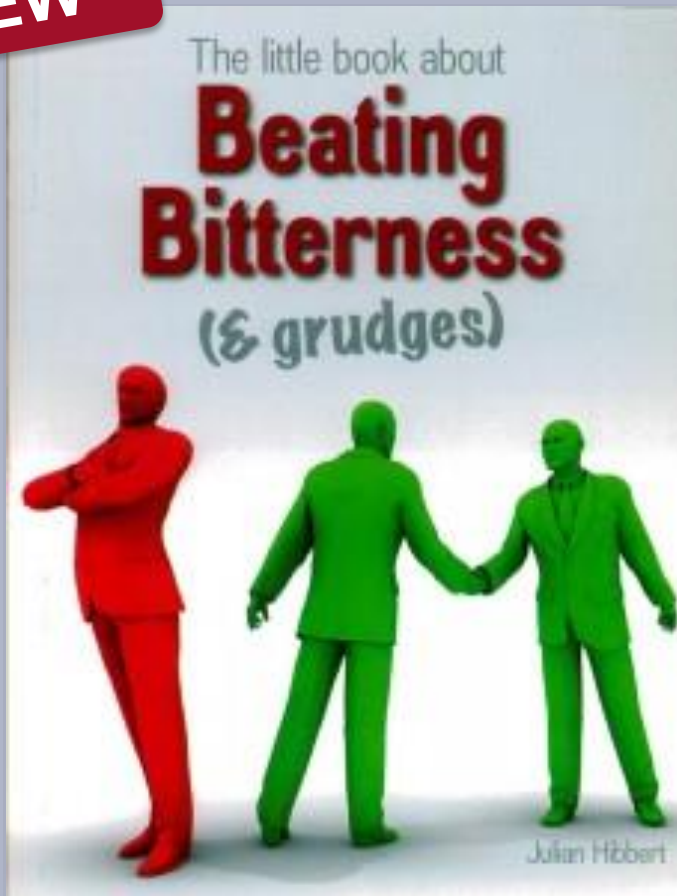
Anita Marshall

NEW



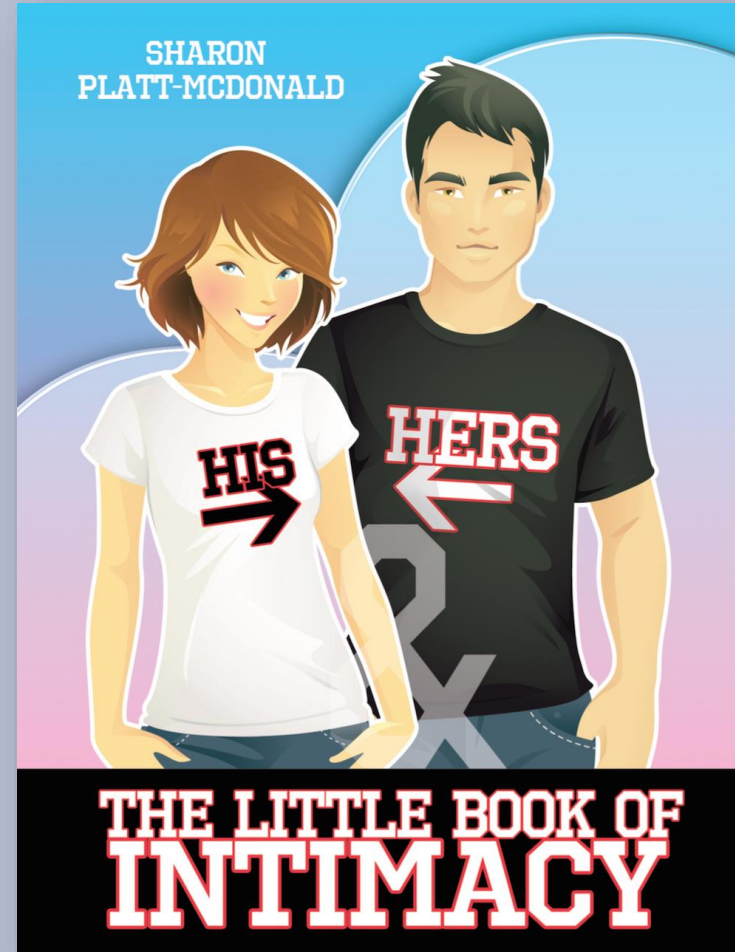
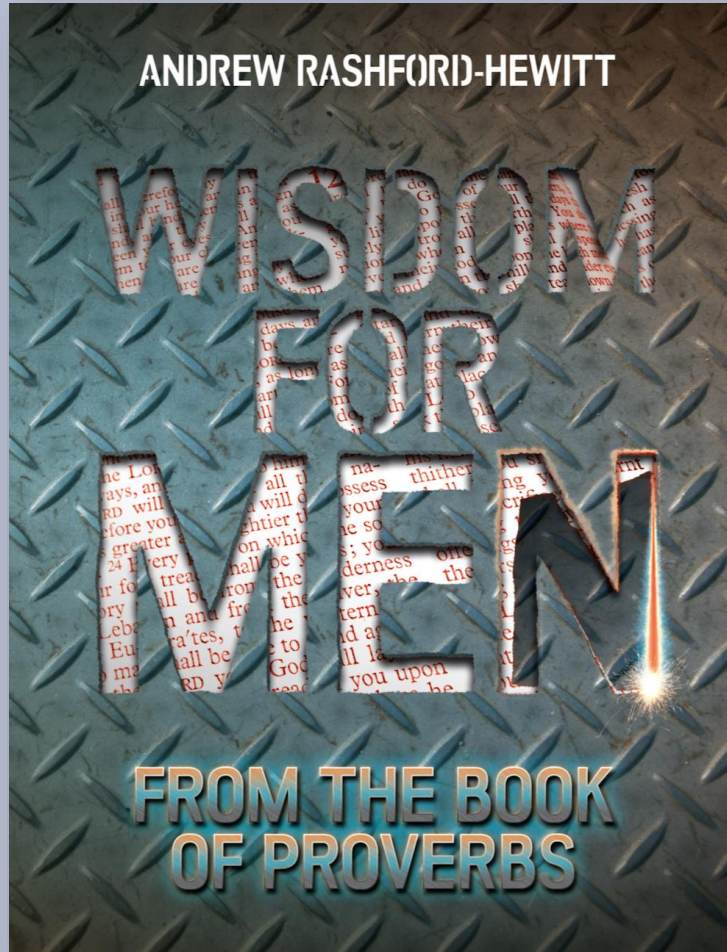
Renowned author Dr. David Marshall and his wife Anita address the importance of Prayer. Men and women will be inspired.

NEW

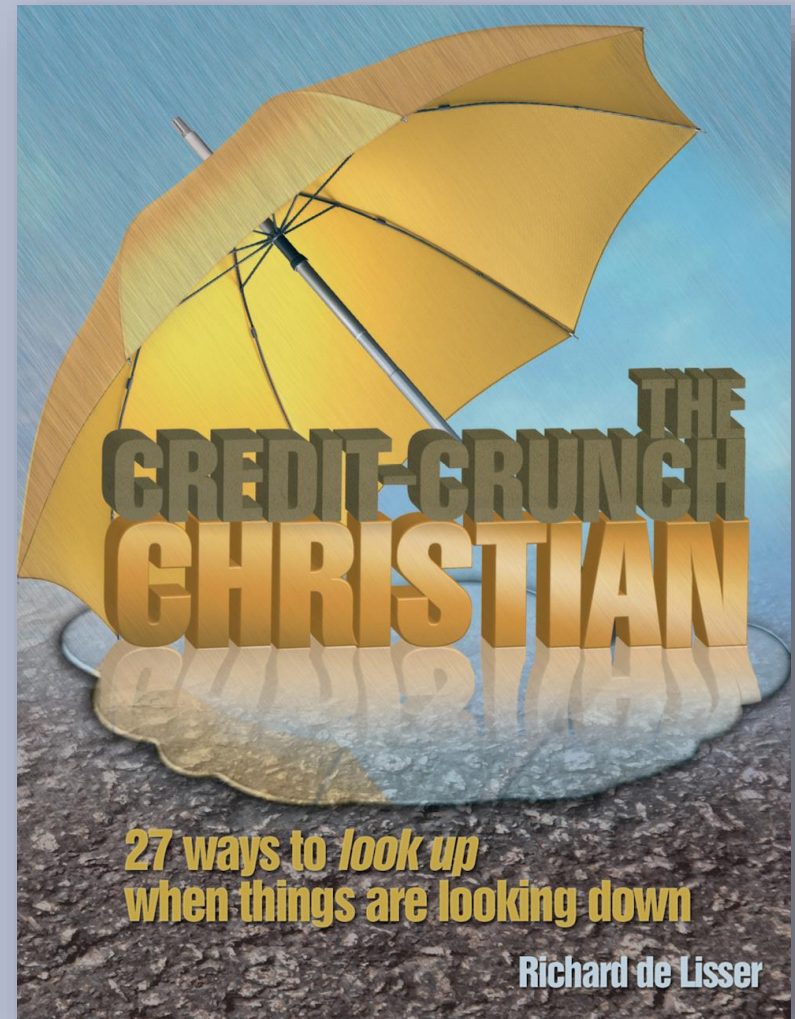
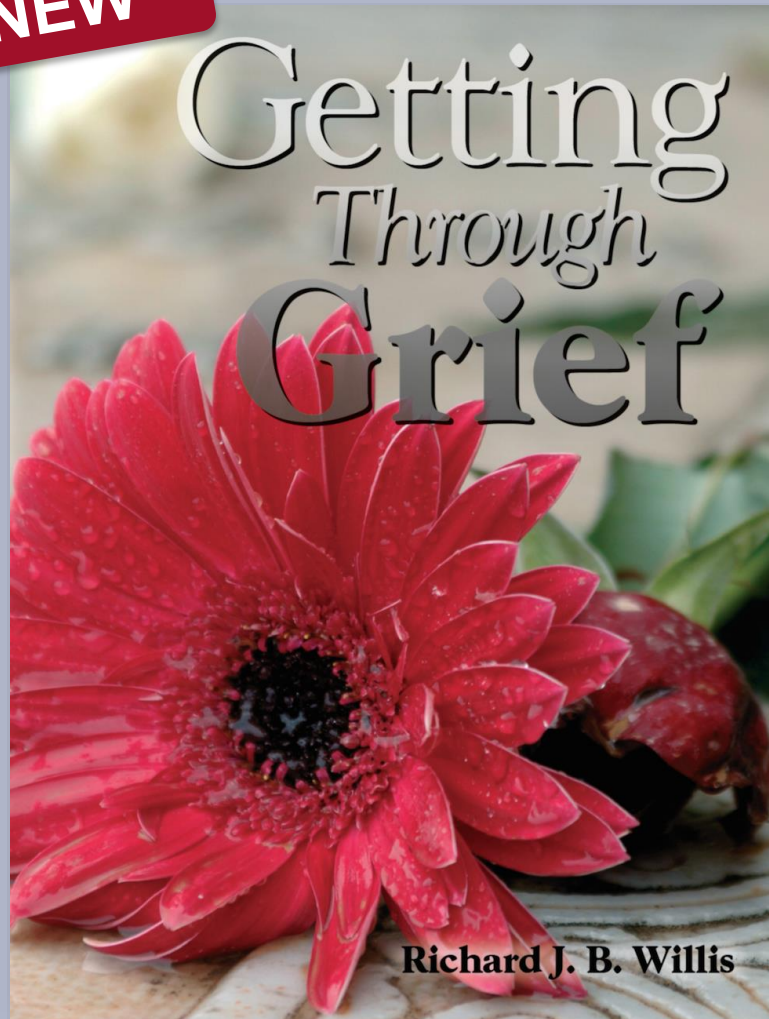


These two books address import topics that affect many. Let us put an end to bitterness and improve our self-esteem.

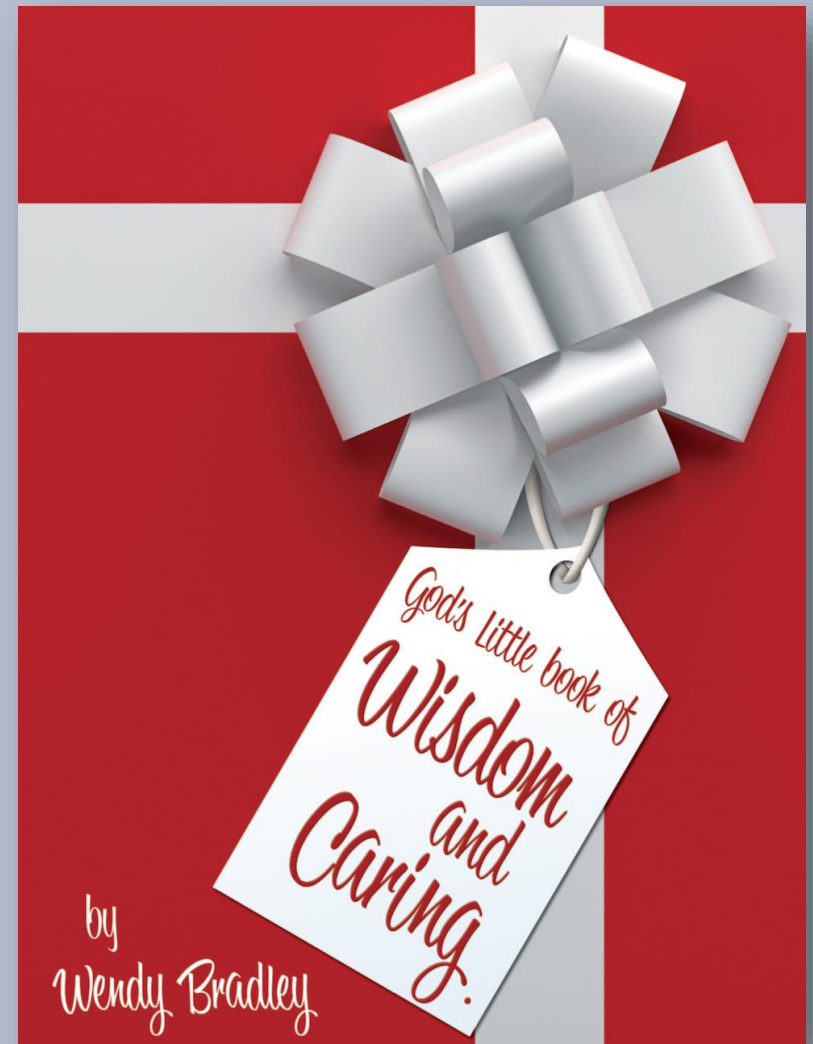
Gift Books



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Gift Books

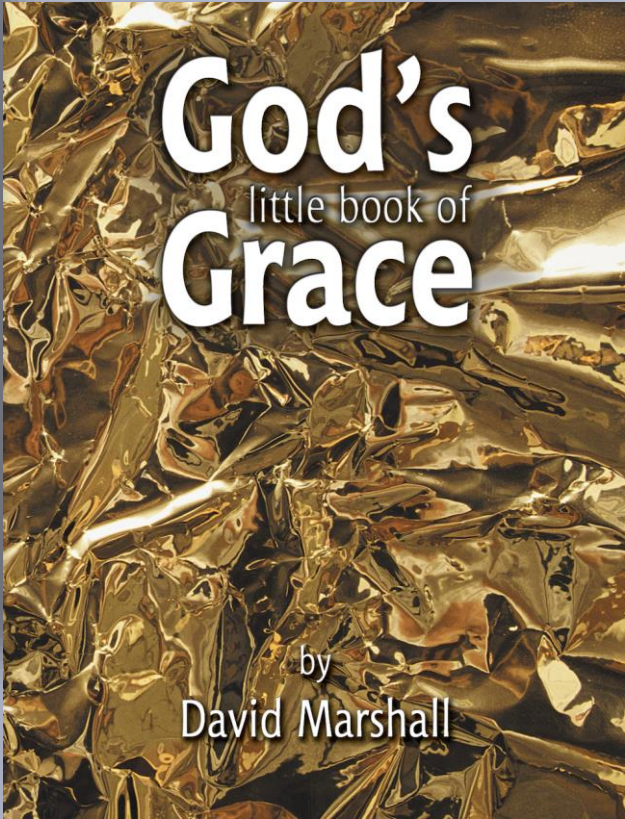


Gift Books



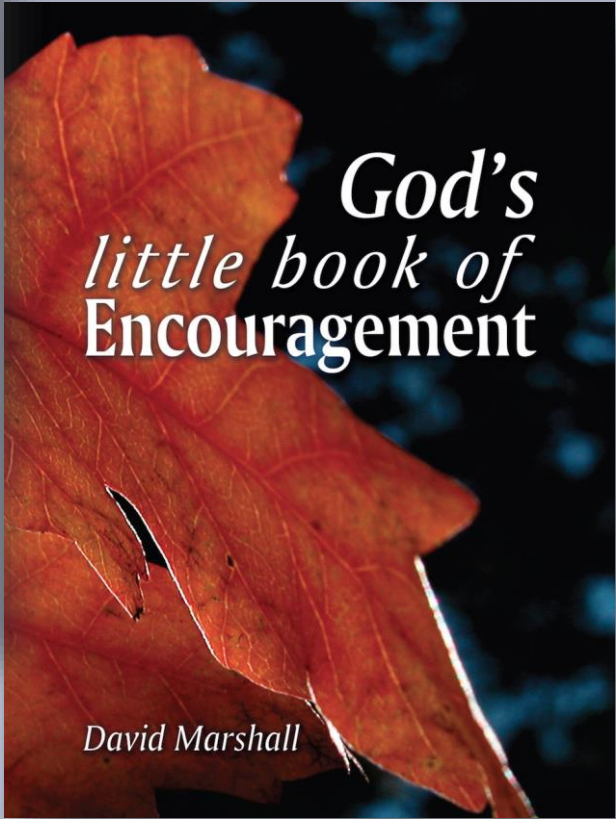
GOD'S LITTLE BOOK OF
COMFORT

David Marshall



God's
little book of
Grace

by
David Marshall



*God's
little book of
Encouragement*

David Marshall

Small books by David Marshall

Gift Books

A little book of Prayers for Parents

by Mary Barrett

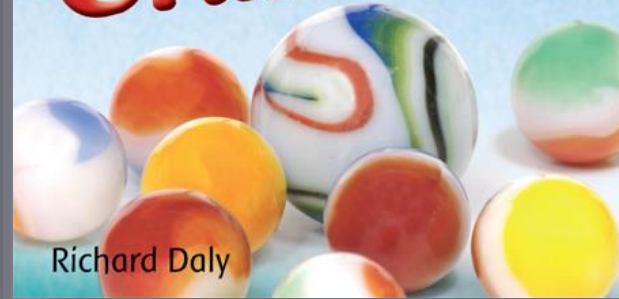
Little Prayers for Tough Times



Mary Barrett

God's little book of Bible Promises for Children

Richard Daly



Gift Books



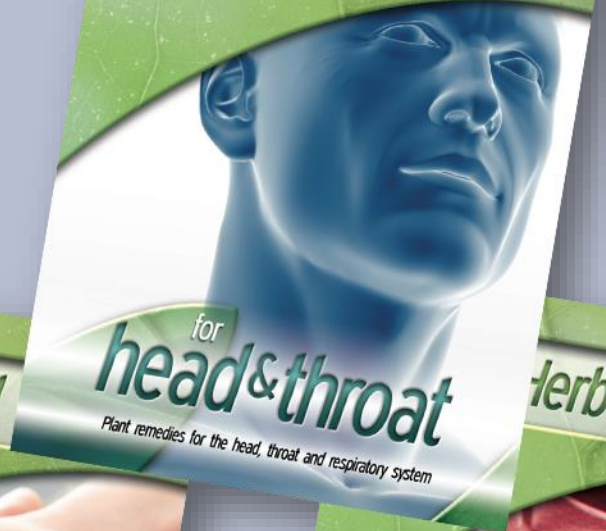
Gift Books

NEW

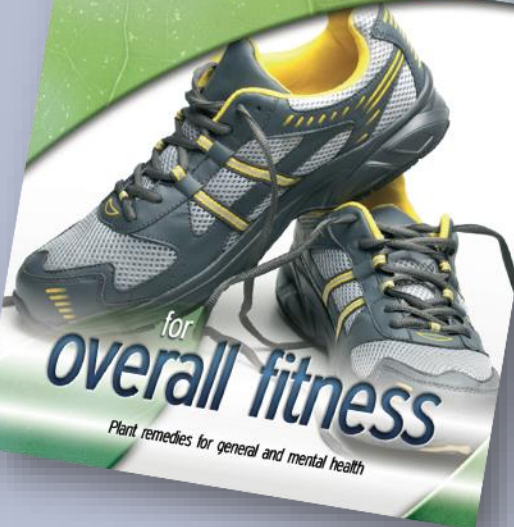
 **Herbal Helps**
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 **Herbal Helps**
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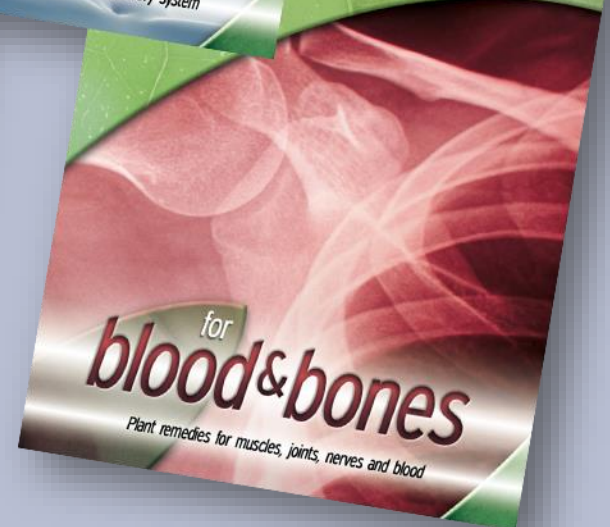
 **Herbal Helps**
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Herbal Helps by J C Kurian

**“Share a book....
Tell the World!!!**

**Arise! Shine!
Jesus is
Coming!”**



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