



## All Shall Be Well: An Approach to Wellness

William S. Craddock Jr.

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This relevant, timely, and substantive book addresses the CREDO approach to wellness.

Chapters explore the theology of wellness and identity, core values, creativity and passion, renewal, emotional health, spiritual practices, balance, transformation, and fitness.

It features a foreword by the Most Rev. Katharine Jefferts Schori, Presiding Bishop of the Episcopal Church. Models, perspectives, theories, and stories are provided by contributors who are involved with CREDO as faculty, researchers, or participants.



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