

The Path to Well-Being: A Christian Perspective

The Revd Geoffrey Harding, (John Hunt Publishing Ltd, 2003, pp216, ISBN: 1 84298 101 3).

Geoffrey Harding founded the Relaxation Society and was for many years the Chairman of the Churches' Council for Health and Healing. This book consists of 17 pamphlets of down to earth theology. Topics covered include the relief of pain, the riches of middle life, the meaning of death, and the revival of the Healing Ministry. In 'God, a new look' we read "Love is the food of 'me'. Christ called it 'bread from heaven' ...". They are very easy to read, delightful and deep. They are the spiritual equivalent of 'a cup of tea and a biscuit' for one's soul or even 'a bar of the finest chocolate'. Consume laying down.

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