



## Crisis Intervention Christ-Is Intervention: Volume I (Paperback)

By Anthony Benjamin Cosenza

iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Drawing from principles and analogies in mathematics, chemistry, physics, and sports fitness training, Dr. Cosenza offers a bold and time-honored spiritual direction for shifting our values so as to maximize valor and resilience. This book is a carefully researched guide for personal and professional growth that systematically helps us to move away from a crisis to healthy and valiant living. On a 25-year quest for the meaning of selfvalue, the author/psychologist unveils the biblical origin and characteristics of spiritual valueness. Describing crises as imbalances of spiritual values, Dr. Cosenza explains types and subtypes of spiritual crises so that we can overcome life s pressuring circumstances. A step-wise spiritual fitness training model is presented that employs biblically based balance exercises to prevent, evaluate, and correct specific critical conditions. This unique form of spiritual fitness has major applications for individuals in need as well as spiritual leaders, mental health professionals, and health fitness trainers.



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