



Vibrant Health! Miracles Plus Gifts of Healings

By Mark Virkler, Patti Virkler



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At age 40 I took full responsibility for my health, and I have not needed an appointment with an MD for the last 22 years. I focused full time on health from ages 40 - 42, and 60 - 62, and part time during the intervening years. My health is better at age 62 than it was at age 30. Yours can be too! You need to embrace the process necessary to restore and maintain maximum health. For me, it has been difficult and challenging, but well worth it. I believe my next 60 years can be lived in vibrant health. I believe I can make the process easier for you by going before you, pulling together the BEST information available and presenting it in a palatable form.

Steps to Maximum Health

Team up: First, I choose not to learn things alone. I team up. The synergy of the team provides exponential results. So get a few friends to work with you as you focus on health for three, six or nine months. Have them each order this book and then commit to working through it week by week, reading and applying one article a day for the next 100 days.

Have a good coach: An outstanding coach helps you achieve your maximum potential in the shortest time possible. I always search for coaches who are modeling what I want to become and who can communicate the "how to" for getting there. I believe our book on Vibrant Health can be that coach for you, and if you want a more personal touch, then you will discover in the introduction of the book that there is an opportunity to enlist me as a 3 month coach to help guide you as you pursue vibrant health. I want to see you healed.

There is more than one way to get healthy: God can grant you a miracle, or He can heal you through His Gifts of Healings. We list over 40 of what I consider these gifts of healings, sharing how I have applied them in my own life and the results I and others have received. The list is a starter list, as God surely is limitless in His knowledge and approach to get things done. So don't consider this a restrictive or exhaustive list. You create your own list, and act on the things God is revealing to you, and you will experience better health!

You're right, this book is the longest I've ever written (450 pages): This is because health and healing involve many different things. Let this serve as a

resource manual for you. You may focus much more largely on certain sections, and disregard others for now. That is fine. Allow this reference manual to stir you up and get you headed in the right directions. Come back to it often, until you are living it. The more you embrace, the healthier you become. Each step is one building block of a healthy lifestyle. Why not take them all? Why not experience vibrant health?

May His peace and His health flood your being - spirit, soul and body - and may you live in peace and harmony, being blessed with abundant health!

Endorsements

This book is filled with valuable, practical and spiritual techniques for healing and losing weight that have been proven to work. Whether you're in need of emotional or physical healing, you will find much insight here to get your life back on the right track to maintain vibrant health in your spirit, mind and body.

Ronda Ranalli

Director of Content and Author Relations, Destiny Image, a division of Nori Media Group

One of my favorite scriptures is 3 John 2: "That you may prosper and be in health even as your soul prospers." God's desire is for you to be whole and living in divine health. Dr. Mark and Patti Virkler, in their book Vibrant Health have brilliantly shared on the subject of health, healing, and miracles. It is rich with enlightening teachings, insights, devotions, and practical activations.

Patricia King

Founder XP Ministries

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