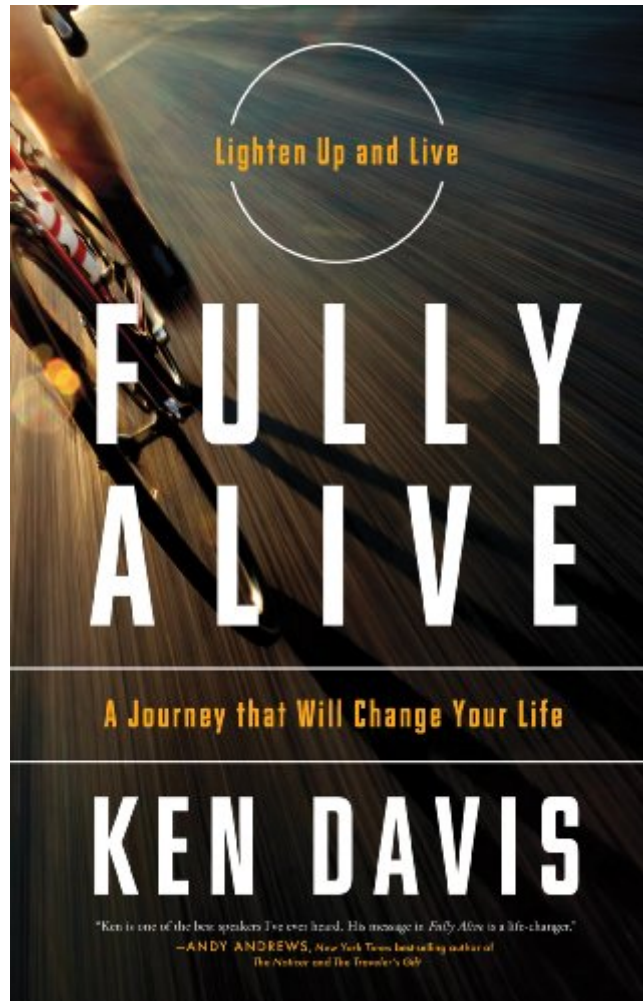


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# Fully Alive: Lighten Up And Live - A Journey That Will Change Your Life



## Synopsis

“The glory of God is man fully alive.” – St Irenaeus That’s exactly how you were wired to live. Yet sadness, depression, and feelings of apathy and helplessness often characterize your life. You survive but not thrive. This book is a treasure map that leads from monotony to adventure, from boring mediocrity to thrilling risk. Here are detailed directions to take hold of the power to live the kind of life you were created for and your soul longs for. Fully Alive uncovers signs of life that lead to physical, mental, social, and spiritual empowerment in Christ.

- Discover the adventure hiding in the middle of the mundane.
- Exchange the pain of unmet expectations for the joy of living with expectancy.
- Get unstuck and take the first step that leads to a new body, mind, and spirit.
- Kick guilt to the curb and experience real freedom.
- Drive a stake into the heart of your everyday fears and dare to live again.
- Tap into a power that will protect you whether you’re crawling through the valley or standing on the mountaintop.

Henry David Thoreau is credited with saying, “Most men live lives of quiet desperation.” • Not you! Not today! Not ever!

## Book Information

File Size: 5559 KB

Print Length: 248 pages

Simultaneous Device Usage: Up to 5 simultaneous devices, per publisher limits

Publisher: Thomas Nelson (July 9, 2012)

Publication Date: July 9, 2012

Sold by:Â HarperCollins Publishing

Language: English

ASIN: B0078FAAIW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #131,596 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #353

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Personal Growth #1131 inÂ Books > Christian Books & Bibles > Christian Living > Personal Growth #35316 inÂ Books > Religion & Spirituality

## Customer Reviews

A few weeks ago it was one of those Sunday nights where there wasn't much going on. The week ahead was beginning to take it's familiar place climbing on my shoulders and I just felt "blah" (official medical term). As I stared at the TV, remote in hand, I decided to try to find something of value on the "idiot box". No such luck. My next stop was Apple TV where I scrolled through several podcasts I have bookmarked. I settled on the latest sermon from my "church in the south", Cross Point Church in Nashville, Tennessee. To my surprise, Pete Wilson was on vacation so there was a guest speaker named Ken Davis. Over the next hour, I would be rocked right where I sat. I would be moved to tears of laughter and maybe a tear or two of that other emotion. His sermon was called "Fully Alive" and when it was over, I knew some changes needed to be made. I was thrilled to see that "Fully Alive" was not just a sermon, it was also a book which released today. I had an opportunity to review "Fully Alive" and it is everything that Ken Davis preached that day and a whole lot more. This isn't a diet book. It's not some crazy athletic book for athletic people. It's a book for the "rest of us". It's a book that will light a fire within you that may never go out, until the day you exit this life....having lived it to the fullest! The truth is, we all get stuck. Most of us get busy, get old, get....well, just get. Then one day we turn around, look and the mirror and realize we're on coast. We don't recognize the face in the mirror and we certainly don't recognize the numbers on the scale. They seem quite a bit higher than the last time we can remember stepping on it. The same is true for Ken Davis. A near tragedy rocked his world. A stake was driven in the ground that day (one of many).

Christian humorist and motivational speaker Ken Davis hits many of the right notes in his latest exhortation. By zeroing in on the ways in which we hold ourselves back from the life God made available to us in Jesus Christ, he makes a convincing case that we do our professed faith injustice when we live half-alive. But I think he tries to do too much, and parts of his book aren't nearly as strong and confident as other parts. In his early sixties, Davis, who has been making people laugh for the Lord for decades, had a real "come to Jesus" moment when he saw a photograph of himself on the beach with his granddaughter. By then, he had ballooned to over 240 pounds, and his physical and mental health were in a spiral. He knew that, if he wanted to enjoy his grandchildren, he needed to get back on track, or else he was going to die. Davis embarked on a journey intended not only to restore his health, but to reconnect him to the Source of all life and meaning. He spends several chapters detailing the processes he took to regain control of his body, and all the ways in which his life is improved now that his "Temple of the Lord" is capable of greater acts of worship. Looking back, I wish he'd written a spiritual memoir of his health; I would have enjoyed that

book. Instead, Davis tries to tackle the whole Christian experience, and all the ways in which our short-sighted choices cut us off from the source of real life. And because Davis attempts so much, he accomplishes too little. Whole chapters have a stultifying vagueness that saps them of their vigor. Make new friends? Shed the baggage that holds you back? These are easier said than done, and they lack the specificity that makes Davis' health-related chapters so electric.

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