



# The Life of Prayer: Mind, Body, and Soul

*Allan Hugh Cole Jr.*

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**The Life of Prayer: Mind, Body, and Soul** Allan Hugh Cole Jr.

Allan Cole Jr. offers insights on the topic of prayer, explaining prayer and describing its spiritual and physical effects. This book is for those who are not comfortable with prayer or who have reached an impasse in their prayer lives. Cole demonstrates different kinds of prayer, helps the reader find ways to pray in various situations, and provides sample prayers. The volume includes questions for reflection at the end of each chapter.



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