

Soul & Body

Assume your **body is an outward reflection of your soul**. With this in mind, how will you treat your body?

How to Create a Healthy Soul?

Do we sit indoors, enslaved to academic pursuits like reading, researching, and operating computers?

Or should we run countless miles, rattle our bones, and self-flagellate?

*The road to a **strong body** is the goal.*

It's not just about what we do—it's about what we *choose not to do*. These choices will ultimately define the strength of our soul.