

newsworthy trends

Changing Your Habits 21 Days At A Time

(NAPSA)—The journey to a more fulfilling life can start with a single step—or it can start with a single e-mail.

Thanks to this new technology, some timeless motivational wisdom, is making its way into the time-crunched schedules of busy Americans.

While eighty-two percent of all Americans report feeling the need to experience spiritual growth, busy home and work schedules can interfere. That's where e-mail can deliver a quick spiritual fix.

The medium, e-mail, delivers manageable bite-size daily motivational messages filled with inspiration that can change your habits, and possibly improve your mental and physical health.

The messages are gleaned from a book called *The 21 Day Habit*. Behavioral science has determined that if you repeat a behavior for 21 days, it can become a habit for a lifetime.

Behaviorists also say that when we are involved in purposeful, goal-oriented behavior, we have an increased sense of well being and worth.

The readings are available with a streaming video e-mail from the Christian Broadcasting Network. People sign up for the 21 Day Habit, and each day receive: A topic for the day with selected readings from The Book; God's Promise from The Book, relating to the topic; and an Action Point, to put that promise into practice in daily life. At the end of the 21 days, the e-mailer may request a free hard copy of *The 21 Day Habit*.

Getting these e-mail messages may be good for your health.

Many Americans, who are



E-mail can now be used to deliver bite-size nuggets of motivational wisdom at www.cbn.com.

increasingly focused on health, are spending regular hours and millions of dollars on the latest gym equipment and supplements, underestimate the importance of a healthgiving practice—faith.

According to Dr. Harold Koenig, Duke University, "People who are involved in traditional religious practices are healthier. They are healthier in terms of mental and physical health. They live longer. They have more intact families."

Those who practice faith on a regular basis are less likely to have diastolic hypertension, which is part of the blood pressure that causes heart attacks, leads to strokes and other health problems. They are also more likely to have a more stable, healthier immune system.

By setting aside a few minutes every day, preferably at the same time every day, and checking your e-mail it's possible to flex your spiritual muscles and strength-train your soul.

For more information, visit www.cbn.com or call 1-800-759-0700.