

This report is one of a series designed to support Air Force leaders in promoting resilience among its Airmen, civilian employees, and Air Force families. It examines the relationship between spiritual fitness and resilience, using key constructs found in the scientific literature: a spiritual worldview, personal religious or spiritual practices, support from a spiritual community, and spiritual coping.

Commercial Leases, Diabetes Diet: The Step by Step Guide to Reverse Diabetes, Top Diabetic Superfoods to Eat and Diabetic Recipes to Lower Blood Sugar (Healthy Living Series), JOY - All The Bible Teaches About, Tropical Forests and Their Crops (Comstock Book), Super Friends: Going Bananas (Step into Reading), Adventures in Formosa, Annals of Geophysics Volume 47, N, 1, January 1996 (V Workshop Geo-Electromagnetism Martina Franca September 15-17, 1993), The Pagan Wall, Changing Habits, Changing Lives Cookbook,

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