

**The Healthy Writer
John Perrodin (godglimpses.com)
Writer's Life, Workshop 3, Friday, May 19, 2017**

Ergonomics.

Spirit/Mind/Body connection.

Incorporating movement into your day.

Using your mind.

Getting Outside.

Drinking enough water.

Stretching.

Avoiding addictions.

Finding God's will.

Scriptures to consider in preparation for *The Healthy Writer* workshop.

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

3 John 1:2 (NIV)

“My son, do not forget my law, but let your heart keep my commands; for length of days and long life and peace they will add to you. It will be health to your flesh, and strength to your bones.” Proverbs 3:1-2, 8 (NKJV)

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14 (NIV)

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 1:2 (NKJV)

“Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank Him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.” Philippians 4:6-7 (TLB)

John Perrodin can be reached at sueandjohnp@gmail.com. For information on John's books, **God Glimpses from the Jewelry Box** and **God Glimpses from the Tool Box**, visit Amazon.com or godglimpses.com. For a few weeks following the conference, John will open up a very limited number of slots to writers who would like to be mentored, which includes editing of chapters and proposals. If interested, please send a brief bio and email query post-conference with “CCWC 2017” in the subject line.