



And the Two Become One: Unity, the Eucharist, and God's Plan for Marital Love

Matthew Kelly, Christopher West

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If you wanted to run a marathon, would you just show up the morning of the race with no preparation or training? You could try that but, regardless of how hard you tried, you would most likely fail. Why? Because you did not TRAIN to win! In this talk, Matthew Kelly tells us why we often make little progress in the "spiritual marathon" of life - we do not adequately train ourselves to run the race. Kelly offers us practical tips on how to live lives of spiritual discipline.

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