



**Spiritual Growth: Seven Deadly Sins -
Understanding their origins and how you can turn
vices into virtues (seven deadly sins, envy,
procrastination, anger ... mindfulness, pride,
Christian, Book 1)**

Rob Arlen

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The Seven Deadly Sins - What They Are And How To Avoid Them

Turning your vices into virtues can be done if you know how

The Seven Deadly Sins have been with us since man and woman fell from grace. Pride, lust, gluttony, anger, envy, sloth and greed - as flawed creatures we are all susceptible to their temptations. What can be done about this?

The Seven Deadly Sins explores the roots of these all too human afflictions and suggests possible courses of action in order to deal with them.

What's more, when properly understood, these sins can be channeled to produce positive outcomes such as:

- Using anger from moral injustices to right social wrongs
- Taking a break (sloth) in order to boost productivity
- Using envy as a tool for personal improvement
- Controlling lust to get more out of our stable, monogamous relationships

However you look at it sin has been with man since Adam first took a bite out of the apple. We can never be free of sin so long as we live in the Earthly realm. What we can do, however, is understand the roots of sin and then come up with strategies to control them. It is with this hope that I wrote this little book.

If you feel you need a little help turning your vices into virtues get this book now and start your journey down a better path today!

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