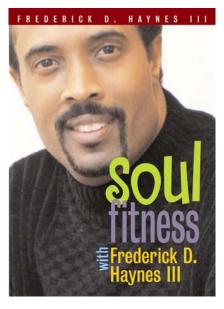


Dallas Preacher Takes "Inspirational Vitamin" Nationwide



Each morning on K104 FM, on the top-rated radio show in Dallas-Fort Worth, Texas Dr. Frederick D. Haynes III shares his "Inspirational Vitamin" with thousands of listeners. Still more followers outside the listening area tap into the radio station's website to listen to Haynes's inspirational message. Now, fans nationwide can take the encouragement home with them in *Soul Fitness with Frederick D. Haynes III*.

The newest release from Judson Press, *Soul Fitness* offers the same upbeat, high energy, inspirational advice found in Haynes's "Inspirational Vitamin." Subjects and themes range from George Washington Carver to Hurricane Katrina to Kanye West and every message is designed to lift the soul and jump-start the day. Haynes's words move the reader like an aerobic workout for the spirit! He delivers advice on bouncing back and overcoming adversity, provides fitness tips on resistance training, thinking like a champion, and not going down without a fight, and shares real life inspirational examples of those who have "fought back," "kept it real," "anchored themselves in God," and "not settled for less."

"As you read the meditations in *Soul Fitness*, you will find the fiber of your faith strengthened. You will also see a minister of the gospel being faithful in offering all his gifts and talents to God to be a blessing in the lives of those among whom God has placed him in 'this present age." —from the Foreword by Rev. Jeremiah A. Wright Jr.

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