



Training For Life: Training For Life

David C Dunham

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My whole world changed at the age of 9 yrs old, the year my father died. A fear that I never knew existed crawled deep into my soul where it made a home for itself for the next 20 years. The innocence of childhood dreams, climbing trees, and being free from worry was lost. This fear that I allowed to penetrate my heart and mind became a daily battle that I tried to heal with worldly values and beliefs for many years. Everything that I tried to replace my fear with failed. The financial success and personal accomplishments that I acquired left me unfulfilled and unsettled. I felt as though I had reached the top of worldly success, even earning a six figure income, and I still was unfulfilled. But mentally and spiritually I was anything but successful and had hit bottom. Feeling as though I had reached the peak of my success and was still unfulfilled, I started to question my life purpose and if life was even worth living. The source that I had been drawing my strength from was mostly worldly. When my strength and energy became invested in God, my life became renewed and a new path was started. I discovered that there was a new life of strength that was being offered. This transformation over the past 7 years has grown me in ways I never expected. I have faced challenges, struggles, and at times have felt defeated. But through it all I have learned to listen to God and He has blessed me in ways I never could have imagined. God has given me a passion for helping others and a way I can share my faith. He also developed gifts and passions within me, and has called me to encourage others through fitness and nutrition. It was never the calling I expected and it has been the best gift God has ever given me. Through strength, encouragement, vitality, energy, and nutrition, I have learned how to develop principles and passion for building my faith in mind, body, and soul. My journey is one that everyone can identify with in some area of their life and new experiences that can expand the minds and hearts of those who read it. Success is not final, failure is not fatal: it is the courage to continue that counts - Winston Churchill

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