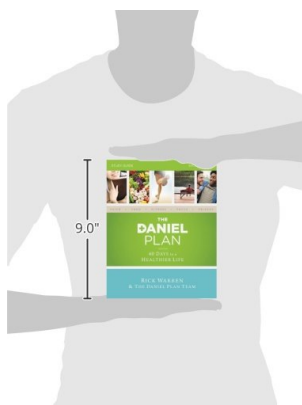# [PDF] The Daniel Plan Study Guide: 40 Days To A Healthier Life

Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman - pdf download free book

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Description:

Feast on Something Bigger than a Fad

This six-session video-based small group study (DVD/digital video sold separately) from Rick Warren,

Dr. Daniel Amen, and Dr. Mark Hyman is centered on five essentials that will launch your journey to health: faith, food, fitness, focus, and friends.

With support from medical and fitness experts, Pastor Rick Warren and thousands of people from his congregation started on a journey to transform their own lives. It's called *The Daniel Plan* and it works for on simple reason: God designed your body to be healthy and He provided everything you need to thrive and live an abundant life.

This small group study is a vital component of *The Daniel Plan* because it emphasizes the powerful community component of the program. As Dr. Mark Hyman says, "community is the cure" for healthy living.

The Daniel Plan small group study teaches simple ways to incorporate healthy choices into your daily lifestyle. This study guide includes biblical inspiration from Pastor Rick, instruction from our doctors and wellness experts, practical food and fitness tips, and much more.

Sessions include:

1. Faith: Nurturing Your Soul
2. Food: Enjoying God's Abundance
3. Fitness: Strengthening Your Body
4. Focus: Renewing Your Mind
5. Friends: Encouraging Each Other
6. Living the Lifestyle

Designed for use with *The Daniel Plan Video Study* 9780310824459 (sold separately).

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