THE DANIEL PLAN 40 DAYS TO A HEALTHIER LIFE



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This book helped me focus on what is most important - health. Faith, Food, Fitness, Focus, and Friends/Family are a huge part of it. I learned much about adding more variety to my diet, how to choose whole foods instead of processed ones, as well as how to actually cook!

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Your essential ingredient to living a better, healthier life! After an afternoon of baptizing over 800 people, Pastor Rick Warren realized it was time for a change.

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The Daniel Plan 40 Days to a Healthier Life Rick Warren

Here s the secret sauce: The Daniel Plan is designed to be done in a supportive community relying on God s instruction for living. When it comes to getting healthy, two are always better than one.

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