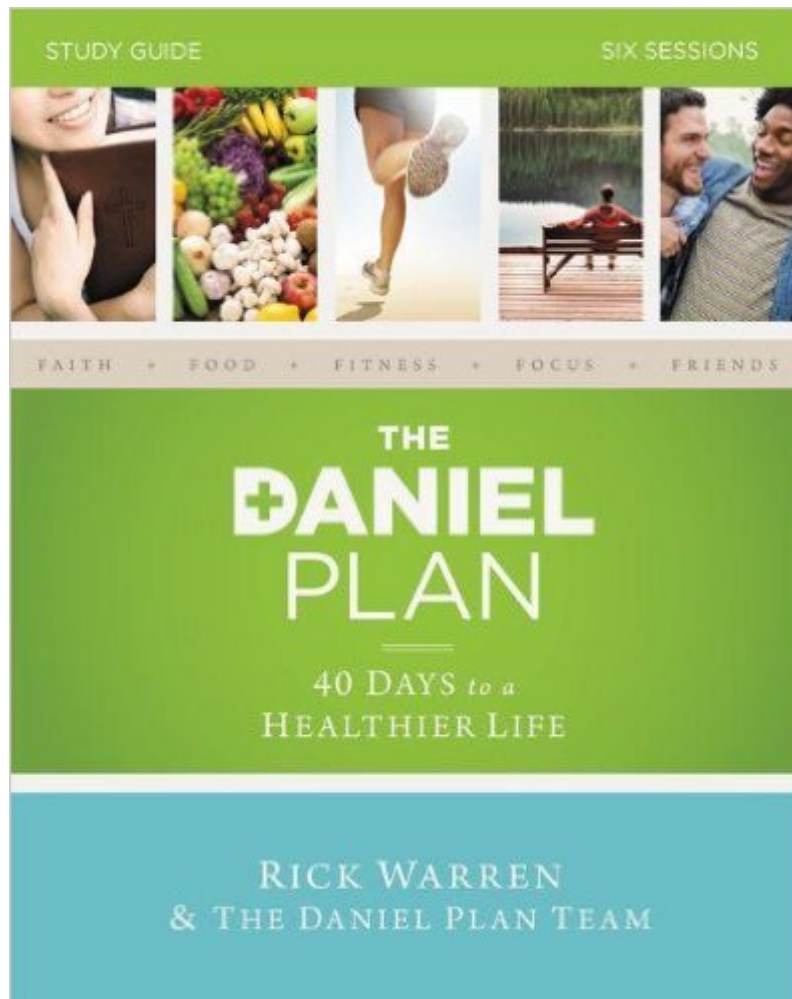


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# The Daniel Plan Study Guide: 40 Days To A Healthier Life



## Synopsis

Feast on Something Bigger than a Fad This six-session video-based, small group study 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 one 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: Faith: Nurturing Your Soul Food: Enjoying God's Abundance Fitness: Strengthening Your Body Focus: Renewing Your Mind Friends: Encouraging Each Other Living the Lifestyle This study guide is designed for use with The Daniel Plan: A DVD Study.

## Book Information

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## Customer Reviews

I'm sorry, I reviewed the study guide info on my review for the journal. The journal was FINE, but the study guide was a waste without the dvd, which you did not offer. Very disappointed with the way

this was offered as a 3 pak, but no dvd.

If you haven't read the Daniel Plan, you need to! The plan teaches you how to be in control of yourself, how to change the habits that lead to our unhealthy ways. You can search the net for extreme details of this plan. The plan was developed by top-notch Doctors and Psychologists, written in a way that will really enable a person to change for a lifetime. But like anything, you have to want it! Its not hard, its not full of gimmicks like so many things out there!

This book is worthless without the DVD which can't be purchased separately. I have to return it and order the DVD book combo

I thought it would be self-contained. It requires purchase of additional items before it becomes useful. I am not going to do that.

The content is great BUT the Kindle Edition is useless. Definitely going to return and order paper copy to get the most out of the product.

This book was a disappointment, it does not explain a diet plan but is a Bible study. If you don't get the CD, you are out of luck.

As the cover says, 40 DAYS to a HEALTHIER LIFE. This book along with the other materials will start you on the road to a Happier, Healthier Life.. This is the STUDY GUIDE!!!

I just completed the first 40 days of the Daniel Plan and I must say...I did not drop a lot of weight...only about 10 lbs...but I will say that weight loss was NOT my primary reason for going on this Plant Based Style of Eating. I wanted to break my sugar cravings, and learn to look at food differently and I have done both. I now ask myself...before I put anything in my Mouth...Is this indeed good food (which is good medicine) for my body? And if it isn't then I don't eat it. If it was grown on or as a plant it is good food but if it came out of a manufacturing plant it is not. Do I ever have a piece of birthday cake or a cup of Starbucks coffee or a piece of Chocolate...ABSOLUTELY. This program is NOT a DIET it is a way of life and they highly recommend that you eat great food 90% of the time...which allows you 10% of the time to have those occasional indulgences. No Binges Please! LOL Yesterday, I got back my yearly blood panel results and all my numbers were in good if

not great range except for two. #1 My Cholesterol was too low(what? you've got to be kidding?) #2 I still had a slight elevation in my Triglycerides. But my Diabetic Panel was 5.8 (totally under control by food alone) no shots, no medicine. My kidney and liver functions were great and no proteins were passing into the blood stream. See...healthy eating makes for healthy people!! I am 62 years old and want to live as long as I possibly can because I have 3 beautiful grand-children to help raise and I don't want to miss out on a second of it. You too, I am sure have your own reasons to want to live a long life. Don't compromise your health or your time on this Earth to accomplish your goals. LIFE IS TOO SHORT AS IS. I HIGHLY RECOMMEND THE DANIEL PLAN, PeggyAnn Smith

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