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FAITH + FOOD + FITNESS + FOCUS FRIENDS. Campaign Success Guide. The Daniel Plan 40 Days to a Healthier Life Success Guide, Edition 1.0 ... and customize The Daniel Plan: 40 Days to a Healthier Life for your church. Please take ... Daniel Plan Poster: (.jpg, .pdf) Print and display this campaign poster everywhere! If you cannot print large ...

FAITH + FOOD + FITNESS + FOCUS FRIENDS - The Daniel Plan

The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle where people are encouraged to get healthier together by optimizing the key five essentials of faith, food, fitness, focus, and friends.

The Daniel Plan: 40 Days to a Healthier Life - free PDF

This booklet is a 40-day guide that breaks out existing content from The Daniel Plan: 40 Days to a Healthier Life into day-by-day action toward a healthier life and encourages readers to use The Daniel Plan and its compatible journal for more information and further success.

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Download The Daniel Plan Jumpstart Guide (PDF) FREE Rick Warren, Mark Hyman MD, and Daniel Amen MD offer a quick guide to The Daniel Plan for a whole healthy life based on the five essentials of faith, food, fitness, focus, and friends.

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In this five-DVD, five-book study, The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the five essentials of The Daniel Plan: Faith, Food, Fitness, Focus, and Friends.

The Daniel Plan: 40 Days to a Healthier Life

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The Daniel Plan: 40 Days to a Healthier Life - Kindle

Daniel Plan App with recipes, exercises, and social tools to connect with each other. Journaling is a great tool for nurturing your faith. The Daniel Plan Journal: 40 Days to a Healthier Life helps

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