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

**Dr. Daniel Amen,Dee Eastman**

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

**The Daniel Plan Bible Study Guide** Rick Warren,2013-12-03 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 Faith Nurturing Your Soul Food Enjoying God s Abundance Fitness Strengthening Your Body Focus Renewing Your Mind Friends Encouraging Each Other Living the Lifestyle Designed for use with The Daniel Plan Video Study 9780310824459 sold separately [The Daniel Plan Study Guide with DVD](#) Rick Warren,2013-12-23 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 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 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 pack contains one guide and one DVD [The Daniel Plan Study Guide plus Streaming Video](#) Rick Warren,Dr. Daniel Amen,Dr. Mark Hyman,2022-10-11 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 This study guide has everything you need for a full Bible study experience including The study guide itself with video notes a comprehensive structure for group discussion time daily exercises to help you engage in each practice during the week and a guide to best practices for leading a group An individual access code to stream all six video sessions online Sessions include Faith Nurturing Your Soul 28 00 Food Enjoying God s Abundance 25 00 Fitness Strengthening Your Body 26 00 Focus Renewing Your Mind 27 30 Friends Encouraging Each Other 23 00 Living the Lifestyle 20 30 Streaming video access code included Access code subject to expiration after 12 31 2027 Code may be redeemed only by the recipient of this package Code may not be transferred or sold separately from this package Internet connection required Void where prohibited taxed or restricted by law Additional offer details inside *The Daniel Plan* Rick Warren,The Daniel Plan Team,Daniel Amen,Mark Hyman,2013-12-02 This six session video based small group Bible study from Rick Warren Dr Daniel Amen and Dr Mark Hyman is an innovative approach to achieving a healthy lifestyle that is both transformational and sustainable because it is about abundant choices not diet deprivation With assistance 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 started with God s prescription for their health and it s called The Daniel Plan The Daniel Plan small group Bible study teaches simple ways to incorporate healthy choices into your current lifestyle The study is centered on five essentials that will guarantee your success faith food fitness focus and friends Each area affects the others and can t succeed solo So are you ready to revolutionize your health once and for all The Daniel Plan A DVD Study gives individuals small groups and whole congregations the encouragement and accountability needed to succeed in living a healthier lifestyle **The Daniel Plan** Rick Warren,Dr. Daniel Amen,Dr. Mark Hyman,2013-12-03 NEW YORK TIMES BESTSELLER The Daniel Plan is far more than a diet plan It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith food fitness focus and friends Unlike the thousands of other books on the market this book is not about a new diet guilt driven gym sessions or shame driven fasts Your path to holistic health begins here as Pastor Rick Warren and fitness and medical experts Dr Daniel Amen and Dr Mark Hyman guide you to incorporate healthy choices into your current lifestyle The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day This results in gradual changes that transform your life as they help you Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick start your metabolism Lose weight Think more clearly Explore biblical principles for health and ultimately create an all around healthy lifestyle It s time to feast on something bigger than a

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guides will focus on another essential Faith Food Fitness and Focus Designed for use with the Friends Video Study sold separately **Focus Study Guide** Dr. Daniel Amen, Dee Eastman, 2015-08-04 In this four session video based Bible study The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the fourth essential of The Daniel Plan FOCUS Sessions include Brain Health Mindset Matters Breaking through Barriers Don t Mess with Stress Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan Each of the other DVD Study guides will focus on another essential Faith Food Fitness and Friends Designed for use with the Focus DVD 9780310823308 sold separately **Faith Study Guide** Gary Thomas, Dee Eastman, 2015-08-04 In this four session video based Bible study DVD digital video sold separately The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the first essential of The Daniel Plan Faith Sessions include Every Body Matters Magnificent Obsession God s Power Not Willpower Your Soul s Path to God Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan Each of the other DVD Study guides will focus on another essential Food Fitness Focus Friends Designed for use with the Faith Video Study sold separately **40 Days to a Healthier Life** Rick Warren, 2013 A companion journal that helps readers capture their progress as they go through The Daniel Plan 40 Days to a Healthier Life

**The Daniel Plan Book Journal** Ciparum LLC, 2015-12-01 **The Daniel Plan 365 Devotional** The Daniel Plan Team, 2015 The Daniel Plan 365 Day Devotional from The Daniel Plan team with a special note from Rick Warren offers 365 days of inspiration through transformational testimonies Scriptures and a question of the day to take your health to the next level **The Daniel Plan Church Campaign Kit** Rick Warren, Dr Daniel Amen, M D, Mark Hyman, 2013-12-23 This six week preaching series and church campaign is an innovative approach to achieving a healthy lifestyle that is dependent on five essentials faith food fitness focus and friends The Daniel Plan Church Campaign Kit gives individuals small groups and whole congregations the encouragement and accountability needed to succeed

**Readers' Guide to Periodical Literature** Anna Lorraine Guthrie, Bertha Tannehill, Neltje Marie Tannehill Shimer, 1925 An author subject index to selected general interest periodicals of reference value in libraries **Reader's Guide to Periodical Literature Supplement**, 1921

**The Daniel Plan Jumpstart Guide** Richard Warren, Daniel G. Amen, Mark Hyman, 2014 **40 Days of Community** Rick Warren, 2010 In each session you will learn how to fulfill God s five purposes for your life within the context of community **School Life**, 1923

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