



The Daniel Plan Study Guide: 40 Days to a Healthier Life

Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman

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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 study guide is designed for use with *The Daniel Plan: A DVD Study*.

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Anna Brooks:

The actual book The Daniel Plan Study Guide: 40 Days to a Healthier Life has a lot of details on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. Tom makes some research prior to write this book. That book is very easy to read you can obtain the point easily after perusing this book.

James Fulk:

Playing with family within a park, coming to see the marine world or hanging out with buddies is something that usually you have done when you have spare time, in that case why you don't try something that's really opposite from that. One particular activity that makes you not feel tired but still relaxing, thrilling like on a roller coaster you have been ride on and with addition of knowledge. Even you love The Daniel Plan Study Guide: 40 Days to a Healthier Life, it is possible to enjoy both. It is a good combination right, you still wish to miss it? What kind of hang-out type is it? Oh seriously it's mind hangout men. What? Still don't have it, oh come on it's called reading friends.

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