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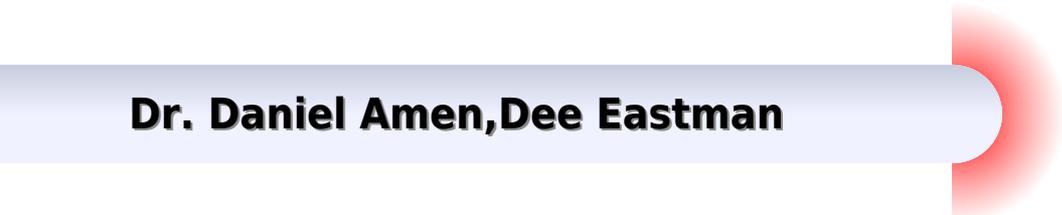
40 DAYS TO A HEALTHIER LIFE

RICK WARREN  
& THE DANIEL PLAN TEAM



# Daniel Plan Study Guide

**Dr. Daniel Amen, Dee Eastman**



## **Daniel Plan Study Guide:**

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Designed for use with the Friends Video Study sold separately *Daniel Plan* Rick Warren, Daniel Amen, John Townsend, Dee Eastman, Mark Hyman, 2014-01-14 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 fifth and final essential of The Daniel Plan Friends The sessions include Community as the Power to Change Building Authentic Relationships Resolving Conflict and the Power of Forgiveness Give It Away 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 Focus Each pack contains one study guide and one DVD **The Daniel Plan 365-Day Devotional** The Daniel Plan Team, 2015-10-27 Encouragement and inspiration to TRANSFORM YOUR HEALTH FOR GOOD If you're looking for the right combination of inspiration and encouragement to achieve the healthy lifestyle you've longed for you found it A companion to the #1 New York Times bestseller The Daniel Plan this 365 day devotional provides the heartfelt insight you need to take your health to the next level Feast on something bigger than a fad Motivational tips Scripture passages Food for Thought and a special note from Rick Warren lead the way to transformation for the long haul The Daniel Plan Daily Devotional builds on the top essential Faith that has made The Daniel Plan doable and successful for thousands of people worldwide A dream team of spiritual fitness and health professionals including Rick Warren Dr Daniel Amen Dr Mark Hyman and the Daniel Plan Wellness Faculty will help you continue your journey toward whole health and wellness Ultimately The Daniel Plan Daily Devotional will change your life in the areas of faith food fitness focus and friends the five essentials to transform your body mind and spirit from the inside out *Fitness Study Guide with DVD* Rick Warren, Daniel Amen, Mark Hyman, Dee Eastman, 2015-08-18 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 third essential of The Daniel Plan Fitness Sessions include Becoming Daniel Strong 31:00 Discover Movement You Enjoy 28:00 Get a Metabolic Makeover 26:00 Breaking through the Wall 34:00 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 Focus and Friends This pack contains one study guide and one DVD *Friends Study Guide with DVD* Rick Warren, Dr John Townsend, Dee Eastman, 2016-02-25 God designed our bodies to be healthy providing everything we need to thrive and live abundantly And with assistance from medical and fitness experts Pastor Rick Warren and thousands of people from his congregation at Saddleback Church started a journey to transform their lives The result 15 000 people lost over 260 000 pounds in the first year But the changes in people's lives went far beyond the pounds they lost The Daniel Plan encourages people to get healthier together by optimizing the key five essentials of faith food fitness focus and friends **Food Study Guide with**

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In this four session video based Bible study The Daniel Plan team explores both the spiritual and health benefits of following a healthy lifestyle by focusing on the second essential of The Daniel Plan FOOD Focus Study Guide with DVD Rick Warren,Daniel Amen,Mark Hyman,Dee Eastman,2015-08-18 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 33 00 Mindset Matters 30 00 Breaking through Barriers 27 00 Don t Mess with Stress 33 00 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 This pack contains one study guide and one DVD *Public School Methods. Teacher's Guide* ,1918 Public School Methods ,1921

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