



## The Daniel Plan: 40 Days to a Healthier Life

By Rick Warren, Dr Daniel G Amen, Mark Hyman

BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Revolutionizing The Concept of a Healthy Lifestyle 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. Feast on Something Bigger Than a Fad 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. Unlike thousands of other books on the market, this audiobook is not about a new diet fad, guilt-driven gym sessions, or shame-driven fasts. Nor is it a do it all now approach. The Daniel Plan shows you how focusing on...



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### Reviews

*The publication is great and fantastic. It really is simplistic but surprises within the 50 % from the publication. Your daily life span will be change when you comprehensive reading this article book.*

-- **Althea Aufderhar**

*Absolutely essential read through ebook. Better then never, though i am quite late in start reading this one. I am just delighted to inform you that this is actually the finest ebook i actually have read through during my own existence and might be he greatest publication for actually.*

-- **Ms. Vernie Stracke**