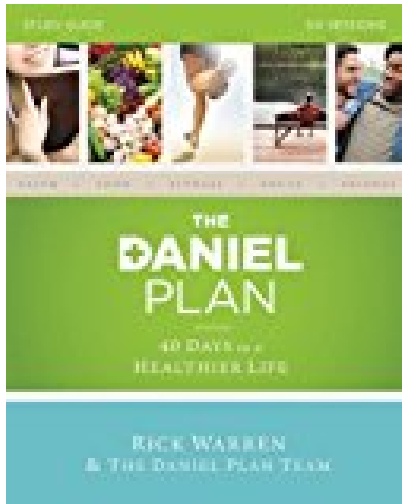


The Daniel Plan Study Guide 40 Days to a Healthier Life



BOOK DETAILS

- Author : Rick Warren
- Pages : 144 Pages
- Publisher : Zondervan
- Language : English
- ISBN : 0310824443



BOOK SYNOPSIS

The Perfect Daniel Plan Companion for Better Overall Health Research shows that tracking your food and exercise greatly contributes to your long-term success. Maximize your momentum by exploring and charting your journey through the five key essentials of The Daniel Plan—faith, food, fitness, focus, and friends. Taking readers of The Daniel Plan: 40 Days to a Healthier Life to the next level, The Daniel Plan Journal is the perfect companion, providing encouraging reminders about your health. On the days you need a little boost, The Daniel Plan Journal has the daily Scripture, inspiration, and motivation you need to stay on track and keep moving forward.

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