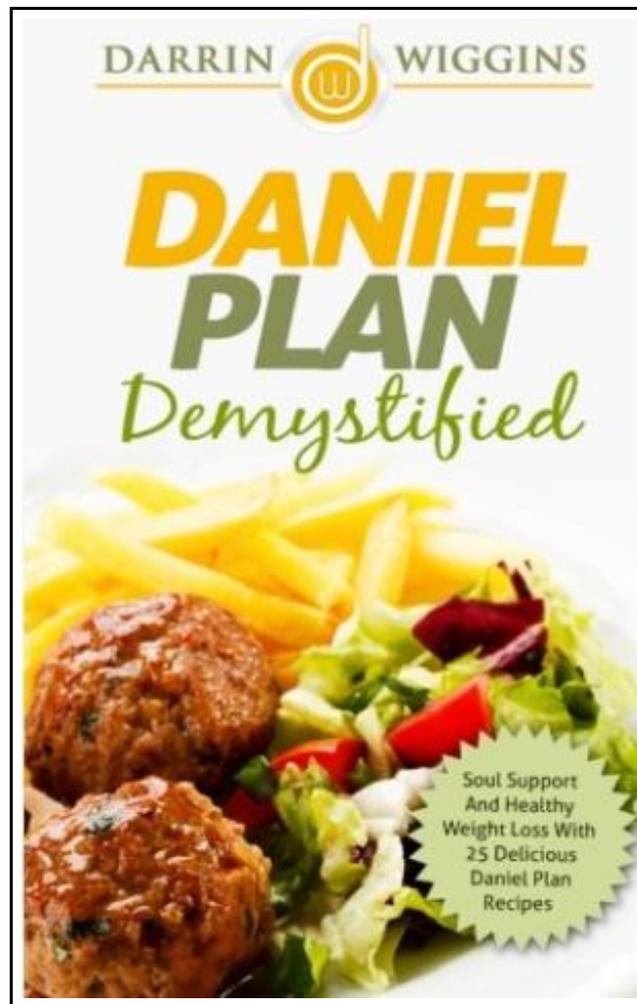


Daniel Plan: Demystified - Soul Support and Healthy Weight Loss with 25 Delicious Daniel Plan Recipes



Filesize: 6.42 MB

Reviews

Completely essential go through book. This is for all who statte there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Lydia Legros)

DANIEL PLAN: DEMYSTIFIED - SOUL SUPPORT AND HEALTHY WEIGHT LOSS WITH 25 DELICIOUS DANIEL PLAN RECIPES



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Who Else Wants To Discover The Secret Behind The Daniel Plan?Are you confused as to why you get mediocre results following the same diet everyone else is doing? Hate it when you spend hours upon hours alone, struggling with your weight loss? Want a REALISTIC, proven weight loss plan that removes the barriers of weight loss isolation?Are you starting to think something is wrong with your body, with you?The truth is The Daniel Plan holds the keys to success when it comes to healthy weight loss. Not only healthy for the body but the mind and spirit as well. That is what sets it apart from so many other diet plans.Isn t The Daniel Plan Just Another Weight Loss PlanWell it is not exactly a weight loss plan but more of a lifestyle. Weight loss plans usually turn into fad diets but lifestyles allow you to be healthy the rest of your life. Granted The Daniel Plan all started with Pastor Rick Warren taking the time to be honest with himself and his congregation about the fact he was overweight.He admitted he was not a taking care of the physical body God gave him and asked his followers for forgiveness. He wanted to be a role model not only in faith but in the way you should treat the body God gave you. He did the one thing many people cannot bring themselves to do. He asked for help. By following his faith and believing in the power of community he gained the support of not only his congregation and friends but of Dr. Oz, Dr. Mark Hyman and Dr. Daniel Amen. Without committing to and focusing on...



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