



1 DON'T SKIP BREAKFAST

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10 THROW OUT A BIG SMILE AND FEEL BEAUTIFUL FROM THE INSIDE OUT



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Top Movies Weight Loss Plan Tips

Ann Louise Gittleman



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The Daniel Plan Study Guide plus Streaming Video Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, 2022-10-11 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 one 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 This study guide has everything you need for a full Bible study experience including The study guide itself with video notes a comprehensive structure for group discussion time daily exercises to help you engage in each practice during the week and a guide to best practices for leading a group An individual access code to stream all six video sessions online Sessions include Faith Nurturing Your Soul 28 00 Food Enjoying God s Abundance 25 00 Fitness Strengthening Your Body 26 00 Focus Renewing Your Mind 27 30 Friends Encouraging Each Other 23 00 Living the Lifestyle 20 30 Streaming video access code included Access code subject to expiration after 12 31 2027 Code may be redeemed only by the recipient of this package Code may not be transferred or sold separately from this package Internet connection required Void where prohibited taxed or restricted by law Additional offer details inside

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