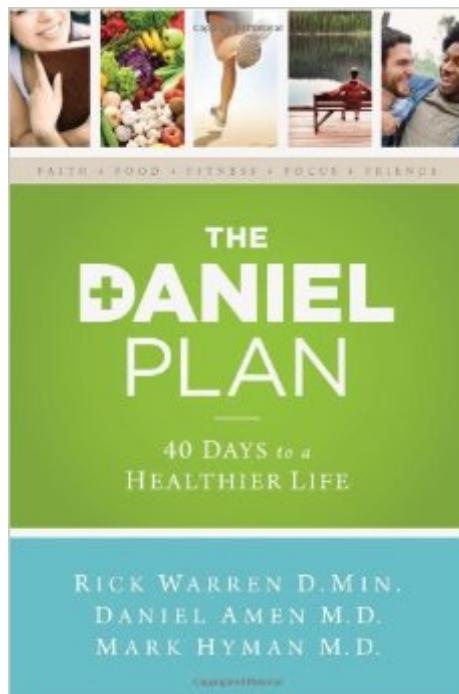


The book was found

The Daniel Plan: 40 Days To A Healthier Life



Synopsis

Revolutionize Your Health | Once and for All During an afternoon of baptizing over 800 people, Pastor Rick Warren realized it was time for change. He told his congregation he needed to lose weight and asked if anyone wanted to join him. He thought maybe 200 people would sign up, instead he witnessed a movement unfold as 15,000 people lost over 260,000 pounds in the first year. With assistance from medical and fitness experts, Pastor Rick and thousands of people began a journey to transform their lives. Welcome to The Daniel Plan. Hereâ™s the secret sauce: The Daniel Plan is designed to be done in a supportive community relying on Godâ™s instruction for living. When it comes to getting healthy, two are always better than one. Our research has revealed that people getting healthy together lose twice as much weight as those who do it alone. God never meant for you to go through life alone and that includes the journey to health. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. The Daniel Plan shows you how the powerful combination of faith, fitness, food, focus, and friends will change your health forever, transforming you in the most head-turning way imaginablyâ•from the inside out.

Book Information

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Customer Reviews

The Daniel Plan does, indeed, center around those five essentials:Faith - "If you don't trust God to help you get healthy, all you are left with is willpower--and you know from experience that willpower doesn't usually last very long. You get tired of doing what's right and you give up."Food - "Food has

the power to heal us. It is the most potent tool we have to help prevent and treat many of our chronic diseases—including diabetes and obesity. Truly, what you put on your fork dictates whether you are sick or well, slim or fat, depleted or energized."Fitness - "[H]e walked her through these steps that make fitness doable in The Daniel Plan: dreaming big, discovering what moves you, setting and recording goals, mixing it up, and finding a buddy."Focus - "[I]t is the loss of focus that causes many people to cycle through hopeful starts and many failed stops as other things vie for their attention. We will help you optimize your brain health, renew your mind, increase your focus, and live with a purpose-driven mind-set. All of the information in this book is designed to help you win the war between the thoughtful part of your brain that knows what you should do and your pleasure centers that always want gratification now."Friends - "When you have friends to go with you on the journey toward better health, you are more likely to succeed. Life change happens in small groups."I had heard much about The Daniel Plan, but this is the first time I've looked into it in any depth. In fact, a friend had mentioned it just a day or two before I saw it on the list of books available for review. That's why I decided to go for it.

Having been born in 1958 in Southern California, much of my childhood was spent eating processed foods, which was not uncommon. I carried those practices into my adulthood, which was a life devoted to career and living in the "fast lane". I was not taught to cook growing up, so cooking for my family usually consisted of boxed substances, pastas, and fast foods. The Lord has taught me to have faith and slow down, and to trust him for what I need. To slow down and pay attention to what He has provided for REAL nutrition, instead of the inadequate chemical-laden fake food designed for marketing and financial gain. Once again, mankind has tried to pervert the beautiful simplicity of what God has already provided from the start. Once I began the journey of eating (and living) according to The Daniel Plan, my entire health life changed. I had suffered from depression and anxiety my entire adult life and had been taking two anti-depressant prescription drugs for over 20 years. I was also on two prescription drugs for high blood pressure and one for high cholesterol for 13 years. I wore an estrogen patch for menopausal symptoms (hot flashes, brain fog, etc.) for four years, and took prescription strength doses of ibuprofen (NSAID) for generalized muscular aches and pains due to an auto-immune disease and spinal problems. I had not been able to drink milk for 35 years due to lactose intolerance, suffered from chronic hyponatremia (low salt levels in my blood), hypoglycemia (low blood sugar), and low vitamin D levels. I have slowed down the pace of my life CONSIDERABLY, making my relationship with God first and foremost.

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