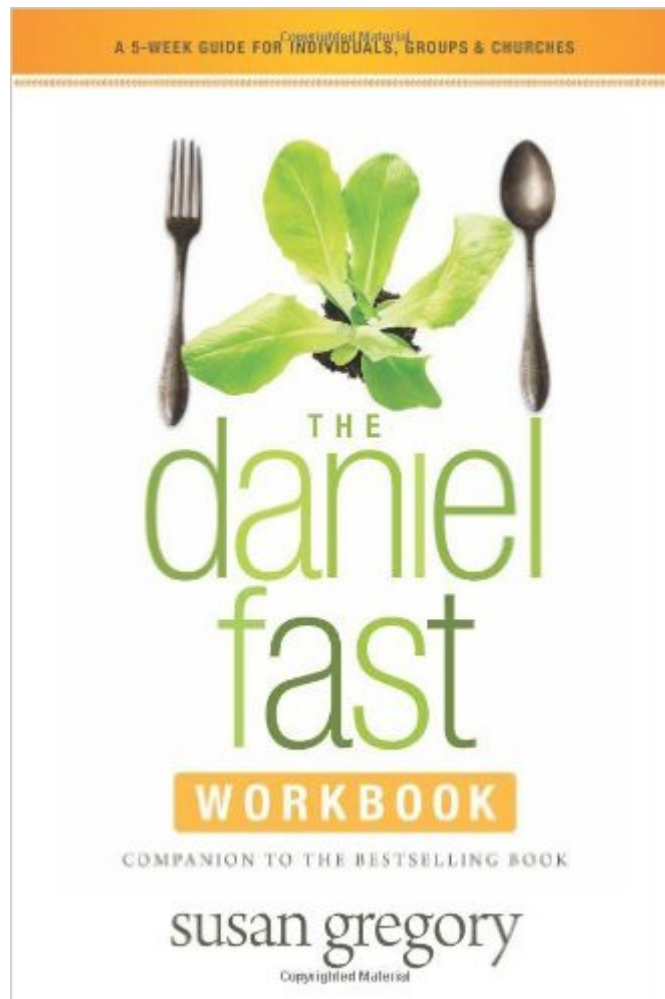


The book was found

The Daniel Fast Workbook: A 5-Week Guide For Individuals, Groups, And Churches



Synopsis

What if you could grow closer to God and improve your health in just 21 days? This companion workbook to the popular book *The Daniel Fast* will help you do just that as it guides you through the actual fasting experience. Susan Gregory, "The Daniel Fast Blogger," is widely recognized as the expert on this 21-day fast inspired by the book of Daniel, and she has helped thousands of people discover a safe and healthy way to fast. Designed for churches, small groups, or individuals, her 5-week study contains an introduction, three sessions, and a conclusion (as well as bonus leader's resources). The principles you learn from *The Daniel Fast* will change the way you view food, your body, and your relationship with the one who created you.

Book Information

Paperback: 96 pages

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #68,167 in Books (See Top 100 in Books) #78 in [Books > Religion & Spirituality > Worship & Devotion > Ritual](#) #934 in [Books > Christian Books & Bibles > Worship & Devotion](#) #1146 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

A friend of mine did *The Daniel Fast* at the beginning of the year and I decided that I would make this part of my Lenten devotion. When I started it I was very apprehensive as I have never followed a vegan diet in my life. Eliminating so many things at one time; meat, cheese, eggs, milk, coffee, sweeteners, alcohol...well, there were times it was tough to stay the course but I did it. My intention wasn't to lose weight but I did. 5 pounds in 21 days. The recipes for breakfast, lunch, dinner as well as snacks were fantastic! I told a friend of mine about it and she bought the book as well and although she didn't do the fast we were sharing meals we had prepared different things. Regardless of the reason I highly recommend this to anyone who is looking for a stronger connection to God.

I would recommend this to my sisters in Christ who are trying to have a closer relationship w/God

as well as trying to become healthier physically and spiritually. Easy reading keeps your attention longer.

This is only a workbook and not an informational book. I was disappointed and felt the description was misleading. It is full of questions to probe further thinking that may be useful if you're interested in that

This came in great time and I have already done some reading and studying this. It has some great information and I am sure that it will be of great value to me in the years ahead

I recommend this to anyone desiring a closer walk with God through prayer and fasting. This book includes a wise approach to fasting while being mindful of the health needs of the body during this time of consecration.

I wish this was styled in a day to day vs a week by week, overall really enjoyed the fast and liked that I had a book to give me some direction.

Love the idea of the workbook along with the readings. It makes you dig deeper for a more satisfying fasting experience. Well written and easily understood for the experienced and layman faster. I've done the fast many times but, never knew of the workbook. Thank you

An excellent guide for those who chose to fast for Lent or personal reasons. Thoughtful meditations and food suggestions for any time period.

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So That All Shall Know/Para que todos lo sepan: Photographs by Daniel Hernández-Salazar [Fotografías por Daniel Hernández-Salazar] (English and Spanish Edition) El plan Daniel: 40 días hacia una vida más saludable (The Daniel Plan) (Spanish Edition) House to House: Growing Healthy Small Groups and House Churches in the 21st Century Empowerment Series: The Skills of Helping Individuals, Families, Groups, and Communities (Cengage Learning Empowerment Series) Groups, Graphs and Trees: An Introduction to the Geometry of Infinite Groups (London Mathematical Society Student Texts) The Ultimate Guide to the Daniel Fast Daniel Fast Smoothies: Scrumptious and Nutritious Blend of Flavors That Make Up a Mouth Watering Array of Smoothie Beverages Summary of Thinking, Fast and Slow by Daniel Kahneman: Valuable Knowledge in Less Than 30 Minutes The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels The Medical School Admissions Guide: A Harvard MD's Week-By-Week Admissions Handbook Diabetes Weight Loss: Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health The Yoga of Pregnancy Week by Week: Connect with Your Unborn Child through the Mind, Body and Breath

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