

## **THE DANIEL PLAN 40 DAYS TO A HEALTHIER LIFE**



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The Daniel Plan is an innovative approach to achieving a better, healthier life based on the essentials of faith, food, fitness, focus, and friends. And The Daniel Plan Journal is the perfect companion on your journey to sustainable health.

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The Daniel Plan is based on the five pillars of faith, food, fitness, focus and friends. It s not a fad diet, but a comprehensive approach to living a healthier life. Guiding the reader through how to achieve a healthier life in 40 days, the principles in this book have already transformed thousands of lives.

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The Daniel Plan: 40 Days to a Healthier Life; The Daniel Plan: 40 Days to a Healthier Life. Rick Warren, Gary L. Thomas, Mark Hyman, Sean Foy, Daniel Amen, John Townsend, and Dee Eastman

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