

40 DAYS TO A HEALTHIER LIFE



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The Daniel Plan 40 Days to a Healthier Life Rick Warren

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Your essential ingredient to living a better, healthier life! 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.. Research shows that tracking your food and exercise significantly contributes to success. <http://ebookslibrary.club/download/The-Daniel-Plan-Journal--40-Days-to-a-Healthier-Life--.pdf>

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The Daniel Plan 40 Days to a Healthier Life

The Daniel Plan: 40 Days to a Healthier Life just released on Amazon. 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.

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The Daniel Plan: 40 Days to a Healthier Life by Rick Warren, Dr. Daniel Amen and Dr. Mark Hyman is an innovative approach to achieving a healthy lifestyle where people get better together by optimizing their health in the key areas of faith, food, fitness, focus and friends.

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The Daniel Plan 40 Days to a Healthier Life by Rick Warren

The Daniel Plan says that in 40 days, you can lead a healthier life. I'm not reviewing this book after having done that. I'm reviewing it based on the information I see it providing me with. The plan has 5 areas that it categorizes the book into: Faith, Food, Fitness, Focus, Friends.

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