# THE 40 DAY SOUL FAST



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## The 40 Day Soul Fast Your Journey to Authentic Living

The 40 Day Soul Fast Curriculum is an eight week study plan designed to replenish your mind and refresh your spirit. Dr. Cindy Trimm challenges you to reach into your soul to uncover a deeper understanding of God s purpose for your life.

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# SOUL FAST MOVEMENT

The Soul Series includes Reclaim Your Soul, The 40 Day Soul Fast and, coming in March 2015, The Prosperous Soul. Accompanying curriculum is available for each book. Accompanying curriculum is available for each book.

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# The 40 Day Soul Fast Participant's Guide by Dr Cindy

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