



Focus Study Guide: Renewing Your Mind

By Daniel G. Amen, Dee Eastman

Zondervan. Paperback. Book Condition: new. BRAND NEW, Focus Study Guide: Renewing Your Mind, Daniel G. Amen, Dee Eastman, In this four-session video-based Bible study, The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the fourth essential of The Daniel Plan: FOCUS. The sessions include: * Mindset Matters * Having a Positive ID: Your Identity * Don't Mess with Stress * Small Steps = Big Results Each session will highlight testimony from those who have incorporated The Daniel Plan into their everyday lifestyle, plus tips on getting started and medically based information on maintaining a healthy lifestyle by following The Daniel Plan. Each of the other DVD/Study guides will focus on another essential: Faith, Food, Fitness, and Friends.



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