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The 40 Day Soul Fast Y

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The 40 Day Soul Fast

The 40 Day Soul Fast is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out.

Soul Fast

The 40 Day Soul Fast Participant's Guide: Your Journey To Authentic Living is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It includes a 40-day workbook, plus weekly DVD viewing guide. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. It is a transformational expedition that will lead you on an inward journey ...

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The 40 Day Soul Fast: Your Journey to Authentic Living by ...

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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. Delivered with compassion, each lesson keeps you encouraged as you begin fasting from the strongholds that break your spirit. You will discover how to live authentically, achieve personal empowerment, happiness, and success in all areas of your life.

The 40 Day Soul Fast: Your Journey to Authentic Living ...

The goal of this 40 Day Soul Fast is to guide you through the process of discovering who you really are, assist you in the examination of all your objectives and

relationships, and thrust you onto a new path of success and prosperity. Take time to take care of your soul!

Soul Fast - start

The 40 Day Soul Fast promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart! Step out and engage with your authentic self—it will be the best 40 days of your life!

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The 40 Day Soul Fast is one of the best books I have read because it strongly encourages you to work on you as an individual, as well as, your relationship with Jesus Christ. If you want to grow into your authentic self while growing your relationship Jesus Christ, please read and implement honesty while reflecting on the questions throughout the book. 9 people found this helpful. Helpful. 0 ...

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