

## The 40 Day Soul Fast Y

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the 40 day soul fast leader 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 8 weekly teachings on dvd leader s guidelines additional resources for establishing facilitating groups cover back

invalidtag charset utf 8 radically transform your life in 40 days have you tried again and again to change something in your life for the better and failed maybe it was trying to stop a bad habit or make healthier choices or refusing to let others dictate your self worth if you ve tried and failed you re not alone dr cindy trimm an internationally sought after empowerment specialist and transformational leader has helped millions around the world end this futile cycle and become their most authentic selves and in this guided journal she offers you the tools to do the same building on the principles and insights of her bestselling book dr trimm comes alongside you as your personal transformation coach helping you let go of everything that tries to prevent you from becoming your god designed authentic self over 40 days you will discover a new way to fast one full of healthy doses of scripture inspiring encouragement and real world application that will teach you how to detox from the weights hindrances and challenges that hold you back open doors to new depths of mental and emotional wholeness bring you into a lifestyle of total health spirit

soul and body help you seize the joy of life stop wasting your energy on striving and failing here is everything you need to transform your life from the inside out and experience joy and wholeness in every area of your life

an eight week study of the life of the soul the practice of fasting and the process of living more authentically 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 as we are told by jesus in the book of matthew p 4 of cover

radically transform your life in 40 days have you tried again and again to change something in your life for the better and failed maybe it was trying to stop a bad habit or make healthier choices or refuse to let others dictate your self worth if you ve tried and failed you re not alone dr cindy trimm an internationally sought after

this 40 day soul fast devotional diary is definitely a personal journey to be taken as a soul cleansing process life difficulties and life issues that are devastating and can become very frustrating can surely get to ones emotional abilities to cause distress inwardly so one will not and cannot function effectively outwardly therefore taking day by day to meditate on positive thoughts and words i devoted my soul and emotions for 40 days instead of fasting from food or drink to get results i went within my soul emotions instead of the outer body results i would get inner body healing

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