



The Daniel Plan Book Journal: Daniel Fast 40 days to a Healthier Life

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The Daniel Plan Book Journal is a workbook for anyone seeking to remain steadfast in their faith, prepare for the twist and turns one encounters in life and maintain a healthy body and eating habit. Whether you are on a 10 day plan, 21 day plan, and or 40 days to a healthier life plan – YOU are responsible for the outcome of your endeavors. To help you with the Daniel Fast diet and put everything in perspective, we developed this journal as a tool for success. Whether you are on the road or at home, this journal is your compass to staying true to your ideals..

We succeed when we have a plan; and we execute our plan when it's written down. This Daniel Plan Book Journal ensures that you keep track of your progress. Plan your meals and snacks ahead of time so you do not find yourself second guessing on whether your meal or snack is Daniel fast compatible and how much you should consume. Say your prayers and congregate with like minded souls.

You have reached the major decision to take charge of your life in this coming New Year, don't hesitate, grab this journal, clear your plate and walk in the footsteps of Daniel. Eat healthy, strengthen your faith and have the courage to face and overcome present day gossipers and lion dens you might find yourself in. Don't forget your family and friends; everyone needs to call on their inner Daniel to overcome the challenges of today. Makes an excellent gift for any occasion.

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